



## Butternut Squash Pesto Bucatini

ingredients | 2 person (4 person)

*Put away the chopping block. All your freeze dried ingredients are ready for cooking!*

### grab from your box

**Pine Nuts** | 2 ½ Tbsp. (⅓ cup), divided

#### Pesto Blend

Parmesan Cheese | 2 ½ Tbsp. (⅓ cup)

Garlic | 2 tsp. (1 ½ Tbsp.)

Basil | ⅓ cup (¾)

Italian Seasoning | 1 Tbsp. (2)

**Bucatini Pasta** | 6 oz. (12)

#### Veggie Mix

Broccoli | ⅔ cup (1 ¼)

Butternut Squash | 1 cup (2 ¼)

Tomato Dices | ¼ cup (½)

**Onion Slices** | ⅔ cup (1 ¼)

**Chef's Choice Seasoning** | ¾ tsp. (1 ½)

### grab from your pantry

**Lemon Juice** | 1 Tbsp. (2)

**Salt** | ¼ tsp. (½)

**Pepper** | ⅛ tsp. (¼)

**Olive Oil** | ⅓ cup (⅔)

**Butter or Oil** | 1 ½ Tbsp. (2 ½)

**23  
minutes**

**vegetarian  
allergens:**  
Dairy, Wheat, Nuts  
Pantry items not included

590 CALS / FATS 35G / PROTEIN 13G / SODIUM 640MG

THRIVE  
LIFE

**kitchen gadgets:** Large pot, large sauté pan, food processor or blender, strainer.



**1** *Cooking for 4:* Measurements for a four (4) person meal are in parentheses.

In a large pot with a lid, bring 6 (8) cups of **water** to a boil. Add **Bucatini pasta** and boil for 8-10 minutes or until tender. Strain and set aside.



**3** In a large sauté pan, add ½ Tablespoon **butter or oil** of your choice and lightly toast the remaining **pine nuts** over medium heat. Remove nuts from the pan and set aside.



**2** While the pasta is cooking, in a food processor or blender combine the **pesto blend**, half of the **pine nuts**, ½ (⅔) cup **olive oil**, 2 ½ Tablespoons (⅓ cup) **water**, ¼ (½) teaspoon **salt**, ⅛ (¼) teaspoon **pepper**, and blend until smooth. Set aside.

*Read me:* For the 4 person meal, use 1 bag of pine nuts in step 2 and 1 bag in step 3.



**4** Add 1 (2) cup **water**, 1 (2) Tablespoon **butter or oil** of your choice, **veggie mix**, **onion slices**, and **Chef's Choice seasoning** to the pan. Simmer until the water has evaporated, then sauté 1-2 minutes.



**5** Add the pasta and pesto to the vegetables, and stir well to coat everything evenly and allow to heat up. Pour **lemon juice** evenly over the noodles and stir again. Taste and adjust seasoning as desired. Sprinkle remaining **toasted pine nuts** over each serving. Serve and enjoy.

### Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



**Nutrition Facts**

3 servings per container

**Serving size** 1 cup (90g)

Amount per serving

**Calories** 370

		% Daily Value *
<b>Total Fat</b>	9g	<b>12%</b>
Saturated Fat	1.5g	<b>8%</b>
Trans Fat	0g	
<b>Cholesterol</b>	5mg	<b>2%</b>
<b>Sodium</b>	400mg	<b>17%</b>
<b>Total Carbohydrate</b>	58g	<b>21%</b>
Dietary Fiber	3g	<b>11%</b>
Total Sugars	8g	
Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b>	13g	

Vit. D 0mcg 0% Calcium 137mg 10%

Iron 3mg 15% Potas. 130mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BUCATINI PASTA (DURUM (WHEAT) SEMOLINA, NIACIN, FERROUS LACTATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PINE NUTS, BUTTERNUT SQUASH\*, PARMESAN CHEESE\* (PASTEURIZED PART-SKIM COWS MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE (TO PREVENT CAKING)), ONION\*, DEHYDRATED GARLIC, BROCCOLI\*, BASIL\*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), TOMATOES\*, SPICES\*

\*FREEZE DRIED

CONTAINS: MILK, WHEAT, TREE NUTS.

**Nutrition Facts**

6 servings per container

**Serving size** 1 cup (90g)

Amount per serving

**Calories** 370

		% Daily Value *
<b>Total Fat</b>	9g	<b>12%</b>
Saturated Fat	1.5g	<b>8%</b>
Trans Fat	0g	
<b>Cholesterol</b>	5mg	<b>2%</b>
<b>Sodium</b>	400mg	<b>17%</b>
<b>Total Carbohydrate</b>	58g	<b>21%</b>
Dietary Fiber	3g	<b>11%</b>
Total Sugars	8g	
Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b>	13g	

Vit. D 0mcg 0% Calcium 137mg 10%

Iron 3mg 15% Potas. 130mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BUCATINI PASTA (DURUM (WHEAT) SEMOLINA, NIACIN, FERROUS LACTATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PINE NUTS, BUTTERNUT SQUASH\*, PARMESAN CHEESE\* (PASTEURIZED PART-SKIM COWS MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE (TO PREVENT CAKING)), ONION\*, DEHYDRATED GARLIC, BROCCOLI\*, BASIL\*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), TOMATOES\*, SPICES\*

\*FREEZE DRIED

CONTAINS: MILK, WHEAT, TREE NUTS.