



Pesto Pronto

Your Lunches:

- Meal 1: Pesto Pasta (Calories: 530)
- Meal 2: Caprese Panini (Calories: 570)
- Meal 3: Cucumber Tomato Salad (Calories: 520)
- Meal 4: Pesto Chicken Pasta (Calories: 665)
- Meal 5: Pasta Salad (Calories: 515)
- Meal 6: Chicken Panini (Calories: 520)

Grocery List:

1. ½ lb. (8 oz.) Penne Pasta
2. 7 oz. Pesto
3. 2 small Ciabatta Roll
4. 1 medium Cucumber
5. 2 large Tomatoes
6. 5 oz. of Parmesan (Shaved)
7. 12 oz. boneless Chicken Breast
8. 1 large Carrot
9. 1 large Mozzarella Ball

In Your Pantry:

1. Salt and Pepper to Taste
2. EV Olive Oil
3. Balsamic Vinegar

Cooking Instructions:

1. Place a large pot of water on high heat and bring to a boil for the pasta. Add a large pinch of salt and splash of olive oil.
2. Preheat your oven to 375 degrees.
3. Prepare vegetables.

- a. Skin and chop the carrot into half-inch thick medallions.
 - b. Cut the cucumber in half. Cut one half into quarter inch circles. Cut the other half into $\frac{3}{4}$ inch circles and then quarter each piece.
 - c. Cut one tomato into quarter inch slices. Cut the other tomato into similar sized chunks as the cucumber quarters.
4. Drizzle about 1 Tbsp. of EV Olive Oil into large non-stick frying pan and bring it to medium/high heat. Put in the carrots so that each carrot slice is face down. Cook for 5 min or until the carrots have blistered and then flip each piece. Do the same for the other side.
 5. Once the carrots are done turn off the heat and add 3 ounces of pesto to the pan with the carrots (let the oil cool down a bit before adding the pesto). Mix until everything is fully coated.
 6. Your water should be boiling at this point. Add the half-pound of penne pasta to the pot. Stir to prevent the pasta from sticking to the bottom. Set a timer for a minute or two less than the recommended cooking time.
 7. Prepare the chicken breast by covering with 1 ounce of pesto.
 8. Put the chicken breast on a baking sheet and put in the oven. Set a timer for 20 minutes. Once the chicken breast is cooked through pull out and let rest for 5 min.
 9. When your pasta is done, strain the pasta and add $\frac{2}{3}$ of the pasta to the pan with the carrots and pesto. Turn on the heat to medium and cook while stirring for a couple minutes until every thing is coated. Turn off heat.
 10. Take the ball of mozzarella and cut in half. Cut it into quarter inch strips.
 11. Cut both rolls in half (sandwich style) and layer one bottom with 2 Tbsp. Parmesan and the other with half the mozzarella slices.
 12. Cut the now cooled chicken breast into thirds. Cut $\frac{1}{3}$ into quarter inch slices. Cut the other thirds into cubes.
 13. Prepare the sandwiches.
 - a. Layer the chicken slices onto the bread on top of the Parmesan cheese. Put 2-3 slices of tomato on top of the chicken slices. Put the top of the bread on top of the tomato to complete the sandwich.
 - b. Layer 2-3 slices of tomato (should have half of the sliced tomato left over) onto the top of the mozzarella. Drizzle lightly with olive oil and spread 1 ounce of pesto on top.
 14. Prepare a skillet or griddle with olive oil over low heat. This will be used to press the completed sandwiches to make a panini. Once the skillet or griddle is hot put the sandwiches on and use the bottom of another pan or push down on the griddle to prepare sandwich. Make sure to flip if you are not using the griddle. The panini's are done once the cheese is melted. Once they are done take the panini's and let them rest away from the heat.

Please keep reading for the final portion instructions...

Portion Instructions:

Each portion should be put into a separate container for the different lunch day and stored in the refrigerator or freezer-please see below for instructions.

1. Pesto Pasta

Take ½ half of the pasta with carrots from step 9 and add one half of the chopped tomato. Mix and cover with 1 Tbsp. Parmesan to taste. Store in the refrigerator. The pasta can be served cold or heated up in a microwave.

2. Caprese Panini

You should store the caprese sandwich in the refrigerator. At lunch the panini should be toasted or microwaved until the cheese starts to melt. Cut caprese sandwich in half to serve.

3. Cucumber Tomato Salad

Take the sliced cucumber and layer it with the rest of the sliced tomato and sliced mozzarella. Store in the refrigerator until you are ready to eat. At lunchtime drizzle the salad with olive oil and balsamic vinegar. Add salt and pepper to taste.

4. Pesto Chicken Pasta

Take ½ half of the pasta with carrots from step 9 and add one half (one third of total original chicken breast) of the cubed chicken. Mix and cover with 1 Tbsp. Parmesan to taste. Store in the refrigerator. The pasta can be served cold or heated up in a microwave.

5. Pasta Salad

Take the left over plain pasta and add the rest of the chopped tomato, chopped cucumber, and chopped chicken. Store in the refrigerator until you are ready to eat. At lunchtime add olive oil and balsamic vinegar to taste. The pasta salad should be served around room temperature.

6. Chicken Panini

Store the chicken sandwich in the refrigerator. At lunch the panini should be toasted or microwaved until the cheese starts to melt. Cut chicken sandwich in half to serve.