

Apple-Walnut Pasta with Chicken Sausage



Yield: 1 serving

Total time: 15 minutes

Ingredients:

2/3 cup Zone fusilli
1/2 tsp olive oil
2 tbsp dry white cooking wine
1 slice onion
1/2 link Al fresco sweet apple chicken sausage -sliced
1/4 medium apple - diced
3/4 tsp walnuts - crushed, toasted if you want
1 cup baby spinach leaves

Instructions:

Cook Zone pasta as directed. Drain. Reserve 1/2 cup of liquid and set aside. Meanwhile, heat oil and wine in nonstick skillet. Sauté onion until translucent, about 3-4 minutes. Add cut sausage and cook until heated through, about 2 minutes. Stir in diced apples, walnuts, spinach and reserved pasta. Add some of the reserved water if needed. Cook for an additional 2 minutes until all ingredients are warm and spinach is wilted.

Nutritional facts per serving: Calories 328; Protein 22g; Fat 10g; Carb. 32g; Fiber 3g

Spicy Kale Orzo



Yield: 1 serving

Total time: 10 minutes

Ingredients:

1/2 cup Zone orzo
3/4 cup beef broth
1 cup kale - chopped
1 clove garlic - crushed
1/4 tsp turmeric
1 1/2 tsps extra virgin olive oil

Instructions:

Bring broth to a boil. Add Zone orzo and kale. Stir until broth is almost all absorbed, about 4 minutes. Cover and let rest for 4 minutes. Stir in garlic, turmeric and extra virgin olive oil.

Nutritional facts per serving: Calories 352; Protein 24g; Fat 12g; Carb. 36g; Fiber 4g

"Rice" and Tomatoes



Yield: 1 serving

Total time: 15 minutes

Ingredients:

1/2 cup	Zone orzo
1 tsp	dehydrated onion flakes
1/4 tsp	chili powder
1/4 tsp	oregano
1/4 tsp	cumin
1/4 tsp	garlic powder
1/4 tsp	cayenne pepper - (optional)
1/4 cup	canned tomatoes - diced with sauce or fresh or tomato sauce
1/2 tsp	lime juice - fresh squeezed
1 1/2 tps	extra virgin olive oil
to taste	salt - to taste

Instructions:

Prepare Zone orzo according to package directions. Drain and put back in sauce pan. Stir in remaining ingredients and enjoy.

Nutritional facts per serving: Calories 323; Protein 21g; Fat 11g; Carb. 33g; Fiber 3g

Broccoli Orzo



Yield: 1 serving

Total time: 15 minutes

Ingredients:

1/2 cup Zone orzo
1 cup frozen broccoli
1 tbsp sundried tomatoes
1/4 tsp garlic powder
1/4 tsp turmeric
to taste salt & pepper
1 tbsp fresh squeezed lemon juice
1 1/2 tsps extra virgin olive oil

Instructions:

Cook Zone orzo as directed with broccoli. Drain. Reserve 1/2 cup of liquid and set aside. Add orzo back to pan. Stir in remaining ingredients and heat to desired temperature. Add some reserved pasta water if you want a little "sauce".

Nutritional facts per serving: Calories 337; Protein 23g; Fat 11g; Carb. 35g; Fiber 5g

Fusilli with Spinach and Tomato



Yield: 1 serving

Total time: 20 minutes

Ingredients:

1 cup Zone fusilli
2/3 cup tomato sauce
1 1/2 tsp olive oil
2 1/2 cups baby spinach
1 tsp grated Parmesan
to taste oregano
to taste salt and pepper

Instructions:

Cook Zone fusilli as directed. Reserve 1/2 cup of liquid and drain. Meanwhile, heat olive oil and add onion. Sauté for a few minutes. Add garlic and sauté until wilted. Add baby spinach to wilt for about 30 seconds Toss into fusilli and moisten with reserved liquid, to desired consistency, adding slowly (you may not want to use all). Sprinkle with cheese, oregano, salt and pepper.

Nutritional facts per serving: Calories 365; Protein 25g; Fat 12g; Carb. 40g; Fiber 6g

Mediterranean Salad



Yield: 1 serving

Total time: 15 minutes

Ingredients:

1 cup Zone Orzo
4 cherry tomatoes - halved
1/2 cup cucumber - chopped
2 olives - chopped
1/2 oz feta cheese - crumpled
1/2 tsp extra virgin olive oil
2 tbsps fresh-squeezed lemon juice - juice of 1-lemon
to taste oregano
to taste salt and pepper

Instructions:

Cook Zone Orzo as directed and let cool. Meanwhile, cut the tomato and cucumber into chunks. Add to cooled Orzo along with remaining ingredients.

Nutritional facts per serving: Calories 334; Protein 23g; Fat 10g; Carb. 36g; Fiber 3g

Zucchini Fusilli



Yield: 1 serving

Total time: 20 minutes

Ingredients:

1 cup Zone fusilli
1 small zucchini - cut into matchsticks
cooking spray
6 cherry tomatoes - halved
1 tbsp dry white wine
4 tsps pesto store bought
1/4 tsp red pepper flakes

Instructions:

Prepare fusilli according to package directions. Drain. Meanwhile trim and discard ends of zucchini. Cut zucchini into 3- to 4-inch lengths; cut each length 1/2-inch-thick pieces and set aside. Spray a large frying pan over medium heat with olive oil Pam cooking spray, cook zucchini, stirring frequently, about 3 minutes. Add chicken, cherry tomatoes and wine. Cook until zucchini is soft and browned, 2 to 3 additional minutes. Add cooked fusilli, pesto and pepper flakes. Toss till combined. Serve immediately.

Nutritional facts per serving (daily value): Calories 367kcal; Protein 23g (47%);
Total Fat 11g (18%); Carb. 39g (13%); Fiber 5g (20%)

Fusilli Fagiole



Yield: 1 serving

Total time: 20 minutes

Ingredients:

1 cup	Zone fusilli
1 1/2 tsps	olive oil
1	clove garlic
2	plum tomatos - chopped
to taste	basil
to taste	oregano
1 tbsp	parsley - chopped
2 tsps	cannellini beans, Bush's - rinsed/drained
1 1/2 tsps	grated Parmesan
to taste	salt and pepper

Instructions:

Cook Zone fusilli as directed. Reserve 1/2 cup of liquid and drain. Meanwhile, heat olive oil and garlic in a medium saucepan and season. Add chopped tomato, beans and dried herbs. Add some of the reserved pasta liquid and stir to desired sauce consistency. Pour over pasta and season with Parmesan, salt and pepper.

Nutritional facts per serving: Calories 346; Protein 23g; Fat 12g; Carb. 34g; Fiber 4g

Cold Sesame Slaw

Yield: 1 serving

Total time: 10 minutes

Ingredients:

1/2 cup	Zone orzo
1/2 cup	broccoli slaw Dole
1/4 cup	red bell pepper - sliced
1 tbsp	water chestnuts - canned, chopped
1/4	tangerine - (save the remaining 3/4 of tangerine for juice)
1 tbsp	fresh-squeezed tangerine juice - (squeeze the remaining 3/4 of the tangerine)
1 tsp	sesame seeds
2 tbsps	rice wine vinegar
1 tsp	sesame oil

Instructions:

Prepare Zone orzo according to package directions. Drain and rinse in cold water to stop cooking. Drain and rinse again. Set aside to cool. Meanwhile, mix broccoli slaw with pepper slices, water chestnuts, tangerine pieces (only 1/4 the tangerine), tangerine juice, sesame seeds, rice wine vinegar, and sesame oil.

Nutritional facts per serving: Calories 350; Protein 22g; Fat 10g; Carb. 40g; Fiber 5g
