



**GREEN  
CHEF**

## CREAMY LEMON BUTTER PENNE

*yellow squash, artichokes, grape tomatoes, Parmesan*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

670

### MENU

VEGETARIAN // FAST & FIT

This creamy pasta is packed with a garden's worth of vegetables for a fresh vegetarian pasta night. The silky sauce starts with simmering cream cheese, roasted garlic-herb butter, fresh parsley, and zesty lemon. Next, it's tossed with al dente penne and plenty of sautéed yellow squash, briny artichokes, and fresh grape tomatoes. For a final touch, finish the dish with rich Parmesan and more bright parsley.

### INGREDIENTS (10 ITEMS)

6 oz **Penne pasta** <sup>W</sup>  
 ¼ oz **Parsley**  
 1 whole **Lemon**  
 1 whole **Yellow squash**  
 ¼ oz **Garlic**  
 1¼ oz **Artichoke hearts**  
 4 oz **Grape tomatoes**  
 2 oz **Cream cheese** <sup>M</sup>  
 1 oz **Roasted garlic-herb butter** <sup>M</sup>  
 1 oz **Parmesan cheese** <sup>M</sup>

### WHAT YOU'LL NEED

large pot  
 large sauté pan  
 medium bowl  
 measuring cup & spoons  
 whisk  
 strainer  
 cooking & olive oils  
 salt & pepper

### ALLERGENS

<sup>W</sup> WHEAT  
<sup>M</sup> MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 COOK PASTA

- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **penne pasta**. Cook 9-12 minutes, or until al dente, stirring occasionally. Reserve about ½ cup **pasta cooking water**.
- Strain **penne**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat. (You'll finish the pasta in Step 5.)

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP

- De-stem **parsley**; finely chop leaves and stems separately.
- Quarter **lemon**.
- Trim ends from **yellow squash**\*. Halve lengthwise. Slice into half-moons, about ½ inch thick.
- Mince **garlic**.
- Roughly chop **artichoke hearts**.
- Halve **grape tomatoes**.

\*The ingredient you received may be a different color.

## 3 MAKE SAUCE

- Place **cream cheese**, **roasted garlic-herb butter**, **parsley stems**, juice from two **lemon wedges**, and ½ cup **reserved pasta cooking water** in a medium bowl. Lightly season with salt and pepper. Whisk to combine.

## 4 COOK VEGGIES

- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **squash** to hot pan. Cook 2-3 minutes, or until softened, stirring occasionally.
- Add **garlic** and **artichokes**. Season with ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until garlic is fragrant, stirring occasionally.
- Add **tomatoes**. Cook 1-2 minutes, or until slightly softened, stirring occasionally.

## 5 FINISH PASTA

- Add **penne** and **creamy lemon butter sauce** to pan with **veggies**. Stir to combine.

## 6 PLATE YOUR DISH

- Divide **creamy lemon butter penne** between plates. Garnish with **Parmesan cheese** and **parsley leaves**. Serve with remaining **lemon wedges**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (381g)

**Amount per serving**

**Calories** 670

	% Daily Value*
<b>Total Fat</b> 31g	40%
Saturated Fat 12g	60%
Trans Fat 0g	
<b>Cholesterol</b> 65mg	22%
<b>Sodium</b> 630mg	27%
<b>Total Carbohydrate</b> 84g	31%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 297mg	25%
Iron 4mg	20%
Potassium 770mg	15%

\* 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.

### All ingredients in this recipe:

**Penne Pasta** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Lemon, Yellow Squash, Grape Tomatoes, Garlic, Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Parsley, Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Roasted Garlic-Herb Butter** [butter (pasteurized cream, lactic acid), roasted garlic (garlic, citric acid), parsley, basil, oregano, chives, onion salt, garlic salt, black pepper]

### Allergen information:

Contains Milk And Wheat

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*