

# FIT FOR LOVE RECIPES



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## PANZANELLA SALAD

PREP: 5-10 MIN  
TOTAL: 15 MIN



### INGREDIENTS

- 3-5 slices of baguette bread
- Olive oil
- 3-4 very ripe vine tomatoes (heirloom will also work), halved and sliced
- Half of a small cucumber, thinly sliced
- Several thin slices of red onion
- 1/3 cup crumbled feta
- 1 tbsp. fresh oregano, chopped
- Salt and pepper

### DIRECTIONS

Brush baguette slices with a small amount of olive oil. Set your grill or frying pan to a medium-high heat and place baguette slices on for about a minute, until they're slightly charred. Cube the bread and set aside.

In a medium bowl, combine tomatoes, cucumber, red onion, feta, oregano, 1/4 cup of olive oil and salt and pepper to taste. Let the salad sit out at room temperature for about ten minutes to allow the tomato juices to soak up the flavor of the vegetables and cheese.

Just before serving, add the bread and mix to combine.

## SPAGHETTI SQUASH CACIO E PEPE

PREP: 5 MIN  
TOTAL: 1.5 HRS



### INGREDIENTS

- |                                |                             |
|--------------------------------|-----------------------------|
| - 1 large spaghetti squash     | - Salt                      |
| - Olive oil                    | - 2 tbsp. butter            |
| - Freshly cracked black pepper | - 1/2 cup warm water        |
|                                | - 1 cup parmigiano reggiano |

### DIRECTIONS

Preheat oven to 375 degrees.

Cut spaghetti squash in half lengthwise, remove seeds and stringy inside parts, and place on a baking dish. Drizzle the insides with olive oil and sprinkle with salt and pepper. Allow the squash to roast for 50-60 minutes until it's fork tender.

After the spaghetti squash is done roasting, take it out of the oven and allow it to cool for about 10 minutes. Using a fork scrape the sides and the middle to gather the innards. Set aside.

Next, in a large saucepan, melt butter over medium heat. Once the butter is melted, add the squash to the pan and stir to coat. Add the warm water, a little at a time, stirring to coat. This is a very important step, as the water will help the cheese melt properly. Add the parmigiano reggiano, 1/4 teaspoon of salt and one teaspoon of freshly cracked black pepper, stirring until the cheese is melted and the spaghetti squash is creamy.

Plate and top with additional pepper and cheese.