



## Spinach & Artichoke Grilled Cheese Pita

Prep Time: 15 min

Cook Time: 10 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

432 Calories

12 g fat

601 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 2 TB olive oil\*\*
- 1/3 cup diced red onion
- 1 garlic clove, minced
- 20 oz. baby spinach
- Salt & black pepper, to taste\*\*
- 6 oz. marinated artichokes, drained & chopped
- 1/4 cup fresh basil leaves, chopped
- 1/2 cup shredded gouda cheese
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- Red pepper flakes, use to taste
- 4 pita pockets
- 2 TB unsalted butter, softened\*\*

### DIRECTIONS:

1. Heat **2 TB olive oil** in a large pan over medium heat. Add **1/3 cup diced red onion** and **1 clove minced garlic** and sauté for 2 minutes. Add the **baby spinach** and season with **salt and pepper**, to taste. Toss to combine, cooking until all the spinach is wilted, about 5 to 8 minutes. Remove pan from heat and using a large spoon, press out any remaining liquid. Transfer spinach mixture to a large bowl to cool.
2. Drain the jar of **marinated artichokes** and roughly chop, stack **basil leaves** and chop; add both to bowl with spinach mixture. To the same bowl add the **shredded gouda, shredded mozzarella, grated parmesan**, and a pinch of **red pepper flakes**, or amount to taste. Toss mixture to combine well.
3. Cut the pita in half by slicing along the outer seam to create a top half/bottom half. Spread **softened butter** on the outsides of each pita half. Heat a large skillet over medium heat. Place one half of pita buttered side down in the skillet, then top with the spinach/cheese mixture and place top half of pita on top, buttered side out (like making a quesadilla). Cook until golden on each side, about 3-4 minutes per side. Repeat process with remaining pitas.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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