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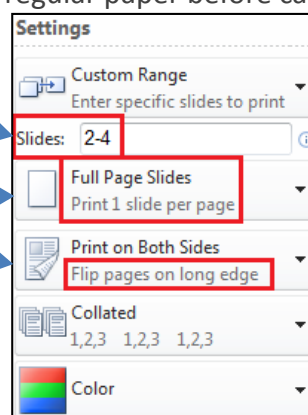
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Printing Instructions; for the:

- **Recipe card**, print on cardstock using the double side print option. Pages 2 & 3 are designed to line up back and front when printed. The recipe card measures 3"x5".
- **Jar labels**, print on sticker back paper, cut to size.
- **Printer Settings:**

Here are my printer settings: Yours may be a little different depending on your printer, but the "options" should be similar. Practice on regular paper before cardstock to make sure its lines up properly.

- Print beginning on page 2
- Print 1 slide per page
- Print both sides, flipping pages on the long side



The cards are formatted and aligned to print properly on the back and front.

Front Card A

Spinach, Mushroom, Goat Cheese Pasta

Prep Time: 15 minutes
Total Time: 30 minutes

Skill Level: easy
Yield: 2 – 4 servings



Ingredients:

- 2 cups of pasta (shells, spaghetti, linguine, fettuccine, raviolis, or gnocchi)
- 3 - 4 mushrooms, thinly sliced (any variety)
- 1/4 - 1/2 cup fresh spinach, chopped (use kale, chard, or beet leaves)
- 1/4 cup goat cheese, chopped (feta, mozzarella also great options)
- 2-3 tbsp pesto (store bought or homemade; any variety)

Alternative Ingredients:

- Artichoke
- Onions
- Tomatoes
- Sweet Peas
- Broccoli
- Capers

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Front Card B

Every recipe card page you print will have a blank recipe card to reduce wasted paper

Name: _____

Prep Time: _____

Skill Level: _____

Total Time: _____

Yield: _____

Ingredients:

- | | |
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Back Card A

Instructions:

1. Cook pasta following the package directions or use my homemade pasta recipe.
2. Place spinach, mushrooms, pesto and goat cheese into mixing bowl.
3. When pasta is finished, drain the pasta. Add all ingredients to the warm pasta and stir until the mix is blended well. The heat of the pasta will wilt the spinach.
4. Serve warm.

Note: If you prefer; vegetables can be sautéed in a skillet with 1 tbsp of ghee (or healthy oil of choice).

Back Card B

Instructions:
