



Quinoa Salad

Prep Time: 20 min

Cook Time: 20 min

Serves: 8

NUTRITION FACTS, PER SERVING:

389 calories

11.6 g fat

166 mg sodium



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

- 1 cup uncooked quinoa
- 2 cups water**
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1 cucumber, seeded and chopped
- 1 cup red bell pepper, chopped
- 3/4 cup red onion, diced
- 1 cup flat leaf parsley, chopped
- 1/4 cup olive oil**
- 1/4 cup lemon juice, 2 lemons
- 1 TB red wine vinegar
- 2 garlic cloves, minced
- 1/4 tsp salt & 1/4 tsp black pepper**

DIRECTIONS:

1. To cook the **quinoa**: Combine the rinsed quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
2. In a large serving bowl, prep and combine the following: Rinse and drain the can of **chickpeas**, slice the **cucumber** in half remove the seeds and chop, **red bell pepper**, **red onion**, pull the leaves from the **parsley** and roughly chop. Toss to combine and set aside.
3. In a small bowl, combine the **olive oil**, **lemon juice**, **red wine vinegar**, peeled and minced **garlic** and **1/4 tsp salt & 1/4 tsp black pepper**. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the large serving bowl of vegetables, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. For the best flavor, let the salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

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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Corn Cakes with Zucchini Salsa

Prep Time: 20 min

Cook Time: 25 min

Serves: 4

NUTRITION FACTS, PER SERVING:

320 calories

20 g fat

490 mg sodium



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

ZUCCHINI SALSA

- 4 cups zucchini, diced
- 1/2 cup red onion, diced
- 1 jalapeno, minced
- 1 TB olive oil**
- Salt and black pepper to taste**
- 1 lime juiced, about 2 TB
- 1/4 cup cilantro, chopped
- Cooking spray**

TOPPING

- 1/2 cup goat cheese

CORN CAKES

- 1 TB olive oil**
- 1/2 cup red onion, diced
- 6 ears sweet corn
- 2/3 cup flour**
- 1/2 tsp baking powder**
- 2 large eggs, beaten
- 1 lime juiced, 2 TB
- 2 TB honey
- Salt and black pepper to taste**
- 1/4 cup cilantro, chopped
- 1 TB olive oil**

DIRECTIONS:

1. Preheat oven to 400°.
2. Prep the vegetables: To prep the **jalapeno**, cut in half, remove the seeds and white ribs with a knife. Slice into strips and then finely dice, set aside. **IMMEDIATELY WASH YOUR HANDS** and do not touch your eyes. Chop the **cilantro**, reserving 1/4 cup for salsa and 1/4 cup for the corn cakes, set aside. Juice the **limes**, set juice aside. Shuck **corn** and cut kernels off the cob, set aside.
3. **Zucchini Salsa:** On a large baking sheet coated with **cooking spray**, toss **diced zucchini, diced red onion, minced jalapeño, 1 TB olive oil, and a pinch of salt & black pepper**. Roast in a 400 degree oven until zucchini has turned slightly brown, 20 minutes. Remove pan from oven and toss with **2 TB lime juice and 1/4 cup chopped cilantro**.
4. **Corn Cakes:** Heat **1 TB olive oil** over medium heat in a skillet. Add **diced red onions** and cook until translucent, 4-5 minutes. Stir **corn kernels** in to onions, continuing to cook until corn becomes soft, 4-5 minutes. Remove from heat and place mixture in a bowl. Add **1/3 cup flour, baking powder, beaten eggs, honey, 2 TB lime juice, pinch of salt & black pepper and 1/4 cup chopped cilantro**; stir until well combined. Add more flour until mixture pulls together and can form patties.
5. Divide batter in to 5-6 patties. Heat **1 TB olive oil** over medium heat. Pat patties in to 1" thick round disc. Fry on each side for 5-6 minutes. Each side should be browned. OR Preheat oven to 425 and place patties on a greased baking sheet. Bake 12 minutes, then flip over and bake another 12 minutes or until cakes are browned.
6. To serve, place on a platter and spoon salsa on top. Sprinkle **goat cheese** over and serve.

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