



Mexican Stuffed Peppers

Prep Time: 15 min

Cook Time: 50 min

Serves: 4

NUTRITION FACTS, PER SERVING:

489 Calories

20.69 g fat

423 mg sodium



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

- 2 cups cooked rice (1 cup uncooked)
- 6 medium green bell peppers - tops, seeds, and membranes removed
- 1 TB olive oil**
- 1/2 cup chopped onion
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (14.5 ounce) can chili-style diced tomatoes
- 1 TB Spice Blend (1 tsp chili powder, 1 tsp garlic powder, 1/2 tsp ground cumin)
- 2 cups shredded cheddar cheese
- Salt & Pepper**
- Non stick cooking spray**

DIRECTIONS:

1. Preheat oven to 350 degrees F. Grease a baking dish with **cooking spray**, set aside.
2. Bring **2 cups of water** along with a pinch of **salt** to a boil in a medium pot. Add the **1 cup of rice**. Bring back to a boil, stir, reduce heat to low, cover and simmer for about 15 minutes until rice is done. 1 cup rice to 2 cups water will yield 2 cups of cooked rice. Transfer to a large mixing bowl and set aside.
3. Bring a large pot of **water** and **1 tsp salt** to a boil; cook **green bell peppers** in the boiling water until slightly softened, 3 to 4 minutes. Drain.
4. Heat **1 TB olive oil** in a skillet over medium heat; add **onion** and cook until softened and transparent, stirring frequently for 5 to 8 minutes.
5. In the large bowl of **cooked rice**, add the rinsed and drained **black beans**, **can of diced tomatoes**, **cooked onion**, **Spice Blend** and **salt and pepper to taste**; stir until evenly mixed. Fold in **1.5 cups cheddar cheese (Reserving 1/2 cup to use later)**.
6. Spoon the **rice mixture** into each bell pepper; arrange **peppers** in greased baking dish. Sprinkle peppers with remaining **1/2 cup cheddar cheese**.
7. Bake in the preheated oven until **cheese** is melted and bubbling, about 30 minutes.

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.

Proudly Sponsored by:





Hummus Quesadillas with Tomato Caprese Salad

Prep Time: 30 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

558 calories

35.3 g fat

870 mg sodium



INGREDIENTS: ** Items not included in kit

- 1 TB olive oil**
- 8 oz spinach
- 2 lbs. tomatoes
- 8 oz ball of fresh mozzarella cheese
- 1/2 cup fresh basil leaves
- 1 TB olive oil**
- Salt and pepper**
- 8 (8") whole grain tortillas
- 10 oz hummus
- 1/2 cup sundried tomatoes
- 1/2 cup Kalamata olives

DIRECTIONS:

1. Wash and dry all fresh produce. **Make the caprese salad first and let it sit while you make the quesadillas.**
2. **Caprese Salad:** with a serrated knife cut the **tomatoes** into 1/4" thick slices. Arrange them on a large serving platter, overlapping their edges. Cut the **mozzarella** into 1/4" slices. Tuck the cheese around and underneath the tomatoes, across the platter. Sprinkle **basil leaves** all over and tuck a few around the tomatoes. Drizzle with **1 TB olive oil** and sprinkle with **1/4 tsp salt** and **1/4 tsp pepper**. For the best flavor, let the salad rest for about 30 minutes.
3. On a nonstick skillet heat **1 TB olive oil**. Add the **spinach** and sauté until it wilts and all moisture has evaporated. Season with a pinch of salt and pepper. Set aside.
4. Thinly slice the **sundried tomatoes** and the **Kalamata olives**, set aside.
5. To prepare the quesadillas, take 1 tortilla and spread **hummus** generously over the entire **tortilla**, lightly cover half of the tortilla with **spinach, sundried tomatoes** and **Kalamata olives**. Fold the other half over to create a half-moon shape. Repeat with the rest of the quesadillas.
6. Warm a nonstick skillet over medium heat. Place the **folded quesadillas** in the pan. Let the bottom sides warm up for a 2 minutes; then carefully flip. Brush the warm sides lightly with **olive oil** and let them cook in the pan for another minute or two. Carefully flip once again, brush the new top side lightly with olive oil and cook until the bottom is lightly golden and crisp. Carefully flip and cook until both sides are lightly golden.
7. Transfer the quesadillas to a cutting board and let them rest for a couple of minutes. Then, using a sharp knife or a pizza cutter, slice each quesadilla into three wedges. Serve immediately alongside the **Caprese Salad**.

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.

Proudly Sponsored by:

