



Lemon Broccoli, Chickpea and Avocado Pita Sandwiches

Prep Time: 20 min

Cook Time: 10 min

Serves: 4

NUTRITION FACTS, PER SERVING:

682 calories

37.3 g fat

940 mg sodium



INGREDIENTS: ** Items not included in kit

Broccoli Chickpea Salad

- 3/4 lb. broccoli florets, sliced thin
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1/3 cup sun-dried tomatoes, chopped
- 1/3 cup finely chopped red onion
- 1/3 cup crumbled feta cheese

Lemon Dressing

- ¼ cup olive oil**
- 1 lemon juiced, (about 2 TB lemon juice)
- 1 ½ tsp Dijon mustard
- 1 1/2 tsp honey
- 1 clove garlic, minced
- ¼ teaspoon salt**
- Pinch red pepper flakes

Everything else

- 2 medium avocados
- Salt & black pepper, to taste**
- 4 pita breads

DIRECTIONS:

1. To prepare the **Broccoli Chickpea Salad**: Slice the **broccoli florets** into thin slices and chop the **sundried tomatoes**. In a medium mixing bowl, combine all of the ingredients listed under **Broccoli Chickpea Salad** and toss to combine.
2. To prepare the **Lemon Dressing**: Juice the **lemon**. Peel and mince the **garlic clove**. In a small bowl, combine all the ingredients as listed under **Lemon Dressing**. Whisk the ingredients together until emulsified. The dressing should be a little tart, but if it's too tart, add a little more honey to balance the flavors. If it's not tart enough for your liking, add a little more lemon juice.
3. Pour the **lemon dressing** over the **broccoli chickpea salad** and toss to combine. Set the bowl aside to marinate for 15 minutes.
4. To make the mashed avocado, halve and pit the **avocados**, then scoop the flesh of the avocados into a bowl. Mash them with a fork until they are mostly mashed, and spreadable. Season with a pinch of salt and black pepper.
5. To prepare the **pita breads**, warm them for a few minutes in the oven at 400 degrees, or in a toaster oven.
6. Spread **mashed avocado** over one-half of the top surface of each pita round, and cover the other half with a few generous spoonful of **Broccoli Chickpea Salad**. Serve immediately.

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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Summer Pesto Orzo Salad

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

626 calories

29.7 g fat

260 mg sodium



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

- 4 ears of corn, kernels cut off
- 1 lemon
- 1/3 cup sliced almonds
- 1/2 cup feta cheese
- 8 oz sugar snap peas
- 1 1/2 cups orzo
- 8 oz baby spinach
- 1 cup pesto
- 3 TB olive oil**
- Salt and pepper**

DIRECTIONS:

1. Wash and dry all fresh produce. Slice the **corn kernels** off the corn cob. Do this in a large bowl to stop the kernels from flying everywhere. Trim the **snap peas** and slice in half. Zest **lemon** and set aside, then cut lemon in half and set aside.
2. Bring a medium saucepan of salted water to boil. Add the **orzo** to the boiling water and cook for 7 to 8 minutes, or until al dente. In the last minute of cook time, add the **snap peas** and cook for 1 minutes. Drain the orzo and snap peas together and rinse under cold water to stop the cooking process.
3. Heat a medium skillet over medium heat. Add the **sliced almonds** and toast tossing for 2 minutes. Transfer to a bowl.
4. Add a drizzle of **olive oil** to the skillet over medium heat and add the **corn kernels**. Cook tossing occasionally for 4-5 minutes or until golden and lightly charred. (Cover with a lid to stop the kernels from popping out). Optional: If you prefer wilted **spinach**, add the spinach to the pan of corn kernels and toss until spinach wilts—if not add spinach in step 5.
5. In a large bowl, combine **3 TB olive oil** with the **lemon zest**, squeeze the **juice** of half a lemon and a pinch of **salt** and **black pepper**. Whisk to combine. Add the **orzo, snap peas, baby spinach leaves, charred corn** and **1/2 of the feta cheese** and **1/2 cup pesto**. Toss to coat.
6. Divide the orzo salad between four bowls and top with a small dollop of **pesto**. Top with **toasted almonds** and remaining **feta cheese**. Squeeze **lemon** juice on top from remaining lemon half.

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