



Tomato, Olive and Green Bean Couscous

Prep Time: 15 min

Cook Time: 15 min

Serves: 4

NUTRITION FACTS, PER SERVING:

343 calories

6.52 g fat

604 mg sodium



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

- 1/4 cup sun-dried tomatoes
- 12 oz. green beans
- 1 cup Israeli (pearl) couscous
- 1 pt. cherry or grape tomatoes
- 1/2 cup pitted Kalamata olives
- 1/4 cup packed fresh flat-leaf parsley
- 1 lemon, zested and juiced
- 2 TB Champagne vinegar
- 1 TB extra virgin olive oil**
- 1 tsp sugar**
- Salt & black pepper**
- 1 (15 oz.) can pinto beans (rinsed and drained)

DIRECTIONS:

1. Heat large pot of **water** to boiling on high. Fill large bowl with ice and water and set aside. Add **green beans** to **boiling water**. Cook 4 to 5 minutes or until crisp-tender; drain **green beans** and transfer to **ice water**. When cool, drain well. Cut into 1-inch pieces.
2. Cook **couscous**: Bring 1 1/4 cups of water to a boil in a medium size pot. Add **couscous** to the pot, cover and simmer for 8-10 minutes, stirring occasionally. When done, drain, rinse with cold water and drain again. Set aside
3. Meanwhile, cut **grape/cherry tomatoes** in half and **chop olives, sun-dried tomatoes, and parsley**, set aside. Drain and rinse the **pinto beans**, set aside.
4. Into large bowl, add the zest of **1 tsp of the lemon peel**, cut lemon in half and squeeze in **2 TB lemon juice**. Stir in **vinegar, 1 TB olive oil, 1 tsp sugar**, and **1/4 teaspoon salt, and 1/4 tsp black pepper**. Add **green beans, couscous, halved grape tomatoes, chopped olives, chopped parsley, chopped sun-dried tomatoes, and drained pinto beans**. Stir until well mixed.

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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Zucchini Burrito Bowls

Prep Time: 15 min

Cook Time: 1 hr

Serves: 4

NUTRITION FACTS, PER SERVING:

230 Calories

6.8 g fat

483.5 mg sodium



INGREDIENTS: ** Items not included in kit

- 4 medium zucchinis or 2 large
- 1 (15 oz) can black beans, drained and rinsed
- 1/2 cup brown rice
- 1 cup salsa
- 1 red bell pepper, diced
- 1/2 red onion, diced
- 3 ears of corn
- 1 jalapeno, ribs and seeds removed and diced
- 1 TB olive oil**
- 1 TB Burrito Spice Blend (2 tsp cumin & 1 tsp chili powder)
- 1/2 cup fresh cilantro, finely chopped
- Salt & black pepper, to taste**
- 1 cup shredded cheddar cheese
- Cooking spray**

DIRECTIONS:

1. In a medium size pot bring **1 1/2 cups of water** to boil. Add a pinch of **salt** and **brown rice**. Bring back to a boil, reduce heat, cover and simmer 30 minutes until rice is cooked. When done, the rice will be firm but tender, and no longer crunchy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off. Set aside.
2. Dice the **jalapeno** and set aside (**Removing the white ribs and seeds reduces the heat level. Use caution when handling hot peppers, you may want to use gloves to seed and dice the pepper and avoid touching your eyes afterwards.**) Shuck **corn** and cut kernels off the cob, set aside. Grease a 9 x 13" casserole dish with **cooking spray** then set aside. Slice **each zucchini** in half lengthwise. Using a melon baller or metal teaspoon, hollow out the center of each **zucchini**. Lightly brush the tops with one teaspoon of **olive oil** then place them skin side down in the casserole dish.
3. Next warm the **1 TB olive oil** in a large skillet over medium heat. Add the **onion, red pepper** and the **diced jalapeno pepper** and cook for 2-3 minutes. Then add the **cooked rice, corn kernels, drained beans, salsa, Spice Blend**. Stir everything together and continue to cook for about 5 minutes then remove the skillet from the heat and set aside.
4. Preheat the oven to 400°F and then stir in **1/4 cup cilantro** and **season with salt & pepper to taste** to the filling. Spoon the **filling** inside of each **zucchini** until they are all full. Sprinkle each one with **cheese** on top then arrange them in the dish, cover with foil that has been sprayed with cooking spray to prevent the foil from sticking to the cheese. Bake in the oven for 25 minutes then remove the foil and set the oven to broil. Cook them for 5 more minutes, until the cheese is bubbly and golden brown.

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