



## Quinoa Tabbouleh with Eggplant

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

528 Calories

43.15 g fat

943 mg sodium



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

- 1 cup quinoa, rinsed
- 1 lemon, zested and juiced
- 1/4 cup olive oil\*\*
- 1/2 cup thinly sliced scallions, white and green parts (4 scallions)
- 1/2 cup fresh mint leaves, chopped
- 1/2 cup fresh flat-leaf parsley, chopped
- 1 cucumber, unpeeled, seeded diced 1/2 inch pieces
- 1 cup cherry tomatoes, halved
- 1 cup crumbled feta
- 1 medium eggplant, cut into 1/2 inch rounds
- 3 TB olive oil\*\*
- Salt & Pepper, to taste\*\*

### DIRECTIONS:

1. Pour **2 cups water** into a medium saucepan and bring to a boil. Rinse **quinoa** under running water until water runs clear. Add the **rinsed quinoa** to the boiling water, lower the heat to a simmer, cover and cook for 10-12 minutes, until the grains are tender and open.
2. To make the lemon dressing, in a small bowl add the **lemon zest** and **juice of 1 lemon**. Whisk in **1/4 cup olive oil**, **1/4 tsp salt** and **1/4 tsp pepper**. Drain the **quinoa** and place in a large bowl and immediately add the **lemon dressing**, tossing to combine.
3. Thinly slice the white and green parts of the **scallions**, discarding the root end, set aside. Roll the **mint** and **parsley** into a ball and chop, set aside. Halve the **cucumber** and slice into 1/2 inch half moons, set aside. Rinse and halve the **tomatoes**, set aside. To the large bowl of **cooked quinoa** add the **scallions, mint, parsley, cucumber, tomatoes** and mix well. Carefully fold in the crumbled **feta**. Serve at room temperature or refrigerate and serve cold.
4. Slice **eggplant** into 1/2 inch rounds. Season with a pinch of **salt** and **pepper**. Heat **3 TB olive oil** in a large non stick skillet over medium heat. Cook **eggplant** 5 minutes on each side until tender. Serve **eggplant** over **tabbouleh** 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:





## Portobello Mushroom Burger with Roasted Potatoes

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

291 calories

8.12 g fat

875 mg sodium



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

- 4 Portobello Mushroom Caps, cleaned
- 1/4 cup olive oil\*\*
- Salt and Black Pepper, to taste\*\*
- 1/2 cup Mayonnaise
- 1 TB Pesto
- 2 tsp Coarse Grain Mustard
- 4 Whole Wheat Hamburger Buns
- 1 cup Baby Arugula
- 12 oz. Roasted Red Peppers, drained
- 1 lb. Potatoes
- 2 Garlic Cloves, minced
- 2 TB olive oil\*\*
- Cooking Spray\*\*

### DIRECTIONS:

1. To clean the **mushroom caps**, go over the outer surface of the portobello with the damp paper towel using smooth, quick strokes. Be careful not to apply too much pressure, or you could damage the mushroom, causing breakage or squishy bruised spots. Set aside to dry.
2. Preheat oven to 425 degrees. Mince **garlic**, set aside. Scrub **potatoes** clean. Peel if desired and cut into 1 inch pieces; place in a bowl with **2 TB olive oil**, pinch of **salt & pepper**, and **minced garlic**; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan/ baking dish coated with **cooking spray** and spread out into 1 layer. Roast in the oven for 30 minutes or until browned and crisp.
3. Brush **mushrooms caps** with **olive oil**; sprinkle evenly with **salt and pepper**. Grill Method: Preheat grill to medium/high heat. Grill mushrooms, smooth side down, covered with grill lid, for 6 to 8 minutes, or until tender. Stovetop Method: Heat 1 tsp olive oil in a non stick skillet over medium high heat. Place mushrooms, smooth side down and cook 5 minutes, flip over and cook 2 minutes more.
4. Sauce Mixture: In a small bowl, combine **mayonnaise, pesto, mustard, 1/8 teaspoon salt** and **1/4 teaspoon pepper**.
5. To assemble: Spread **sauce mixture** evenly over cut sides of **buns**. Divide **arugula** evenly over bottom halves of buns. Divide the **roasted red peppers** evenly over top of the arugula. Place **cooked mushrooms caps** over peppers. Cover with tops of buns.

*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:

