



Lentil Tacos with Avocado Sauce

Prep Time: 10 min

Cook Time: 20 min

Serves: 4-6

NUTRITION FACTS, PER SERVING:

350 Calories

15 g fat

680 mg sodium



INGREDIENTS: ** Items not included in kit

- 8 corn tortillas
- 2 peaches, diced
- 1 tomato, diced
- 1/3 cup sliced red onion

LENTIL FILLING

- 1 TB olive oil**
- 1 cup diced yellow onion
- 2 garlic cloves, peeled and minced
- 4 tsp Lentil Taco Blend (2 tsp chili powder, 1 tsp cumin, 1/2 tsp paprika, 1/2 tsp oregano)
- 1/4 tsp red pepper flakes
- 2 cups low sodium vegetable broth
- 1 cup dried lentils
- 1/4 tsp salt**

AVOCADO CILANTRO SAUCE

- 1 bunch cilantro, stems and leaves
- 1 avocado
- 1 garlic clove, peeled
- 1 TB lime juice, from 1 lime
- 1 TB honey
- 1/4 tsp salt & 1/4 tsp black pepper**
- 1/4 cup water**

DIRECTIONS:

1. Peel and dice the **peaches**, set aside. Dice **tomato**, set aside. These will be used for toppings.
2. In a large pot fitted with a lid, heat **1 TB olive oil** over medium heat. Add the **diced yellow onion** and sauté for 3-4 minutes until onions have become translucent. Add **2 minced garlic cloves** and sauté for 1-2 minutes more. Add the **Lentil Taco Blend** and **1/4 tsp red pepper flakes**, stir to combine. Add **2 cups vegetable broth** and **dried lentils**. Cover and simmer for 8-10 minutes until the broth is absorbed and lentils are cooked. Season with a **1/4 tsp salt**, stir to combine.
3. **Avocado Cilantro Sauce:** Peel **1 garlic clove**, juice the **lime**, and halve the **avocado**-remove the pit and scoop out the flesh. To a blender or food processor, add all the ingredients listed under **Avocado Cilantro Sauce**. Blend until sauce is smooth adding up to an additional 1/4 cup water to reach desired consistency. Set aside to drizzle over tacos before serving.
4. Warm **corn tortillas** in the oven by wrapping the stack in foil and baking in a 350 degree oven for 10 minutes OR heat one at a time in a skillet over medium high heat for 1 minute per side.
5. To assemble the tacos, spread **lentil mixture** on a **warmed tortilla** and top with **diced peaches, diced tomatoes, sliced red onion** and a drizzle of **Avocado Cilantro Sauce**.

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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Mushroom Quiche with Mixed Greens Salad

Prep Time: 15 min

Cook Time : 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

370 calories

16 g fat

875 mg sodium



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

- 1 single crust pie shell (vegetarian crust)
- 1 TB unsalted butter**
- 1/2 cup onion, diced
- 16 oz Baby Bella mushrooms, sliced
- 1/4 cup fresh parsley, chopped
- 1/4 tsp salt & 1/4 tsp black pepper**
- 1/4 tsp grated nutmeg
- 5 large eggs
- 1 cup light cream
- 1 cup shredded swiss cheese
- 8 oz mixed greens
- 1 cucumber, sliced
- 1 tomato, diced
- Favorite salad dressing**

DIRECTIONS:

1. Bring one **pie crust** to room temperature. Unroll crust and place in a 9" pie dish. Press crust firmly against sides and bottom. Preheat oven to 375 degrees F. Prick bottom and sides of the crust generously with a fork to prevent crust from rising. Bake until edge is dry and golden brown, about 10-12 minutes. Set crust aside and let it cool before filling.
2. Clean **mushrooms**, remove stems and slice. In a large skillet, melt **1 TB butter** over medium high heat. Add **diced onion** and **sliced mushrooms**, season with **1/4 tsp salt** and **1/4 tsp pepper**. Cook stirring frequently, about 10-12 minutes. Set aside and let cool to room temperature. Once cooled, stir in 1/4 cup **chopped parsley**.
3. In a medium bowl, whisk **eggs**, **1 cup cream**, and **1/4 tsp nutmeg** until well combined.
4. Spread onion/mushroom filling into pie crust and top with **swiss cheese**. Pour **egg mixture** over filling. Place pie on a baking sheet and bake until center of quiche is set, about 30-35 minutes. Remove from oven and let rest for 5 minutes before cutting. Serve warm or at room temperature.
5. Wash **tomato** and **cucumber**. Slice **cucumber** in half length wise and then slice each half into 1/4 slices, creating 1/2 moons. Dice **tomato**. In a large bowl, toss **mixed greens** with **cucumber slices** and **diced tomatoes** and service with your **favorite salad dressing**.

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