



Roasted Cauliflower Tacos

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

334 Calories

18 g fat

754 mg sodium



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

PICKLED RED CABBAGE:

- 1 cup white vinegar
- 1 cup water**
- 1 TB sugar**
- 1 tsp salt**
- 3 cups shredded red cabbage

CAULIFLOWER:

- 5 cups cauliflower florets (1 head)
- 2 TB olive oil**
- 1.5 TB Taco Spice Blend (2 tsp chili powder, 1 tsp ground cumin, 1/2 tsp garlic powder, 1 tsp kosher salt)
- Red pepper flakes, use amount based on your desired spice preference
- 1/4 tsp ground black pepper**
- Cooking spray**

SAUCE:

- 2 avocados
- 1/2 cup plain Greek yogurt
- 1/4 cup fresh cilantro, chopped
- 1 lime, zested & juiced

TACOS:

- 8 corn tortillas
- 1/4 cup fresh cilantro, chopped

DIRECTIONS:

1. PICKLED RED CABBAGE: Place the **vinegar, water, sugar,** and **salt** in a medium saucepan. Bring to a boil over medium-high heat, stirring occasionally to dissolve the sugar. Place the **cabbage** in a medium, heatproof bowl and pour the vinegar mixture over the top. Stir to submerge the cabbage as much as possible. Let it sit while you prepare the cauliflower, then drain and discard the liquid before serving.
2. CAULIFLOWER: Preheat oven to 425 degrees. Spray a baking sheet/dish with **cooking spray**, set aside. Cut **cauliflower** into small 1 inch florets and remove any stems and place in a bowl. Add **2 TB olive oil, Taco Spice Blend , 1/4 tsp ground black pepper** and **red pepper flakes (use amount based on your desired spice preference)** and toss to combine. Spread cauliflower onto baking sheet/dish in a single layer. Roast until browned in spots, but still crisp-tender, about 20 minutes.
3. SAUCE: Scoop out the **avocado** into a bowl and mash. Stir in the **1/2 cup yogurt, 1/4 cup chopped cilantro, 1/2 of the lime zest,** and **1/2 of the lime juice,** stir combine, adding more lime juice if desired, set aside.
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 SERVE: Drain the liquid from the **pickled cabbage**. To assemble the tacos spoon the **pickled cabbage and roasted cauliflower** into the **warmed tortilla** and top with **sauce** and remaining **chopped cilantro**.

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:





Quinoa Stuffed Peppers

Prep Time: 25 min

Cook Time: 30 min

Serves: 4-6

NUTRITION FACTS, PER SERVING:

220 Calories

7 g fat

429 mg sodium



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

- 1 cup quinoa
- 3 large red bell peppers, halved lengthwise
- 1 cup yellow onion, diced
- 2 TB olive oil**
- 1 eggplant, diced
- 1 zucchini, diced
- 3 garlic cloves, minced
- 1 (15.5oz) can chickpeas, drained
- 1 TB Za'atar Spice
- 1 lemon, 1/2 zested
- 1/2 cup fresh parsley, chopped
- 1 cup plain Greek yogurt
- 1 TB olive oil**
- 2 TB Zhoug
- Salt & black pepper, to taste**
- Cooking spray**
- Aluminum foil**

DIRECTIONS:

1. Pre-heat oven to 400 degrees F. Spray a large baking sheet/pan with **cooking spray**.
2. Cut **red peppers** in half lengthwise. Drizzle inside with **olive oil** and season with **salt and black pepper**. Place open side down (flesh side down/skin side up) on the baking sheet/pan and roast until tender, about 20 minutes.
3. 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. Drain, fluff with fork and set aside.
4. Peel and dice the **eggplant** into 1 inch cubes. Heat **2 TB olive oil** in a large skillet over medium heat and sauté the **diced onion** and **eggplant** until eggplant is tender. Add the **3 cloves minced garlic** and **diced zucchini**, stirring to combine for 2 minutes. Remove the pan from the heat and add **drained chickpeas, cooked quinoa, Za'atar spice, 1/2 a lemon zested, 1/2 cup chopped parsley** and season with **salt & black pepper**. Toss well to combine all the ingredients.
5. Coat a large baking dish with **cooking spray**. Place **roasted peppers** skin side down and spoon **filling** over each pepper, mounding up high. Cover baking dish with **aluminum foil** and bake at 400 degrees for 20 minutes. Remove foil and bake an additional 10 minutes.
6. To make the sauce: In a bowl, combine **1 cup plain Greek yogurt, 1 TB olive oil, and 2 TB Zhoug**, and stir to combine. Spoon sauce overtop stuffed peppers and garnish with additional chopped parsley.

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:

