



Vegetarian Chickpea Sandwiches

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

424 calories

6g total fat

898mg sodium



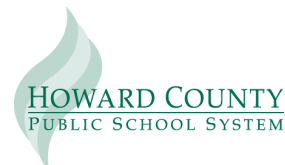
INGREDIENTS: **** Items not included in kit**

- 2 (15.5oz) cans chickpeas/garbanzo beans, drained and rinsed
- 1/4 cup chickpea liquid (Aquafaba), reserved
- 1/2 cup celery, diced
- 1 cup onion, diced
- 2 TB mayonnaise
- 2 TB lemon juice (juice of 1 lemon)
- Sandwich Spice Blend (2 tsp dried dill & 1/2 tsp garlic)
- Salt & Pepper, to taste**
- 4 sandwich pitas
- 1 cucumber, thinly sliced
- 1 tomato, thinly sliced
- 1 head hydroponic lettuce leaves

DIRECTIONS:

1. Drain and rinse **chickpeas (reserving 1/4 cup of the liquid, set aside)**. Place drained and rinsed **chickpeas** into a large mixing bowl and mash with a fork. Stir in **celery, onion, mayonnaise, the juice from 1 lemon, Sandwich Spice Blend, and salt & pepper to taste**. Toss well to combine all ingredients. IF NEEDED add some of the **reserved chickpea liquid** to thin out the salad to desired consistency. Cover and set aside or chill in refrigerator.
2. Wash and dry **cucumber** and **tomato**. Thinly slice the cucumber and tomato. Separate **lettuce leaves** from the head.
3. OPTIONAL: Preheat your oven to 350 degrees. Remove **pita** bread from the packaging and wrap the desired amount of **pitats** in aluminum foil and place them in the oven. Heat the **pitats** for 10 minutes or until they are completely warmed through.
4. To assemble the sandwiches, place a **lettuce leaf** onto the **pita**, add a scoop of the **chickpea salad** and place **thinly sliced cucumbers and tomatoes** alongside the filling. Fold to form a sandwich.

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.





Kerala Bindi (Okra) Masala

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

407 calories

12g total fat

452mg sodium



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

- 6 TB Vegetable or Olive Oil**
- 3/4 lb. Okra, sliced into 1 inch pieces
- 2 tsp Cumin seeds
- 1.5 cups onions, diced
- Salt, to taste**
- 3 cloves garlic, minced
- 2 inch piece of Ginger, peeled & minced/grated
- 1 TB Bindi Blend (1/2 tsp cayenne pepper, 2 tsp coriander powder, 1/2 tsp turmeric, 1/2 tsp ground cumin)
- 1/4 tsp red pepper flakes, use amount based on desired spice preference
- 2 large tomatoes, chopped
- 1 cup Plain Greek yogurt
- 1 cups water**
- 1.5 cups Basmati Rice
- 1 tsp Garam Masala

DIRECTIONS:

1. Wash and dry **okra**. Slice okra into 1 inch pieces (trimming and discarding both ends), set aside. Peel and mince **garlic cloves**, set aside. Peel and grate or mince **ginger**, set aside. Wash and dry **tomatoes**, chop, and set aside.
2. Heat **3 TB oil** in a large skillet over medium-high heat. Add **sliced okra** and cook for 3-4 minutes. Remove from pan with a slotted spoon and place on a paper towel lined plate, set aside.
3. To the same pan add **2 TB oil, cumin seeds, diced onions, salt to taste** and sauté for 5 minutes or until onions become translucent. Then add the **grated/minced ginger, minced garlic cloves, Bindi Blend, 1/4 tsp red pepper flakes (use amount based on your desired spice preference), and chopped tomatoes**. Stir well to combine and simmer for 6-7 minutes. Add **yogurt**, mix well and let mixture come to a boil. Then cover and reduce to a simmer for 4 minutes. Remove lid, add **1 cup water** and mix well, continue simmering for an additional 4 minutes. Add **cooked okra** and **Garam Masala** and simmer for 3 minutes. Serve over **cooked rice**.
4. **Basmati Rice**: Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.

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