



## Quinoa Salad with Sweet Potatoes and Apples

Prep Time: 15 min

Cook Time: 1 hour

Serves: 8

### NUTRITION FACTS, PER SERVING:

392 Calories

19.72 g fat

557 mg sodium



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

- 1 TB olive oil\*\*
- 1 1/2 cups quinoa (rinse and drain well before cooking)
- 1/4 tsp salt\*\*
- 1 1/2 pounds sweet potatoes, peeled and cut into 3/4-inch dice
- 1 TB olive oil\*\*
- 1/4 tsp salt & 1/4 tsp black pepper\*\*
- 1/4 cup apple cider vinegar
- 6 TB olive oil\*\*
- 2 apples, cut into 1/2-inch dice
- 1/2 cup parsley, chopped
- 1/2 cup red onion, thinly sliced
- 6 ounces of baby kale—wash and dry before using
- 1/2 cup feta cheese

### DIRECTIONS:

1. In a large saucepan, heat **1 TB olive oil**. Add the **quinoa** and toast over moderate heat, stirring, for 2 minutes. Add **3 cups of water**, season with **1/4 tsp salt** and bring to a boil. Cover and simmer the quinoa for 15 minutes. Remove from the heat and let stand for 10 minutes. Fluff the quinoa, spread it out on a baking sheet and refrigerate until it is chilled, about 20 minutes.
2. Preheat oven to 400 degrees. While the quinoa cools, peel and cube the **sweet potatoes**, spread on a baking sheet, and toss with **1 TB olive oil**, **1/4 tsp salt** and **1/4 tsp black pepper**. Roast for about 25 minutes, stirring once, until golden and softened. Let cool.
3. Dice the **apples** into 1/2 inch dice, set aside. Chop the **parsley leaves**, set aside.
4. In a small bowl, whisk **6 TB olive oil** with the **apple cider vinegar**; season with a pinch of **salt** and **pepper**. In a large bowl, add the cooked and cooled **quinoa**, **sweet potatoes**, **apples**, **parsley**, **red onions** and **kale greens** and toss well. Drizzle dressing over and toss to combine. Sprinkle with crumbled **feta cheese**.

**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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## Mujadara (Lentils & Rice with Caramelized Onions)

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

720 calories

36 g fat

990 mg sodium



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

- 4 cloves garlic, smashed and peeled
- 2 bay leaves
- 1 TB ground cumin
- Salt & black pepper\*\*
- 1 TB olive oil\*\*
- 5 cups water\*\*
- 1 cup lentils, rinsed and drained
- 1.5 cup basmati rice
- 1/3 cup olive oil\*\*
- 2 yellow onions, thinly sliced (about 3 cups)
- 1/2 cup green onions, thinly sliced
- 1/2 cup fresh cilantro, chopped
- 1 cup plain Greek yogurt
- 4 TB Zhoug sauce

### DIRECTIONS:

1. Rinse **lentils** to remove any debris. Rinse the **basmati rice** in cold water to remove excess starch.
2. In a large pot, combine the **smashed and peeled garlic cloves, bay leaves, cumin, 1/2 tsp salt, 1/4 tsp black pepper, 1 TB olive oil, 5 cups water,** and **rinsed lentils**. Bring the mixture to a boil over medium-high heat, stirring to combine. Cover and reduce heat to low and simmer for 8 minutes. Remove lid and stir in **rinsed basmati rice**, cover and return to a simmer for 12 minutes longer.
3. Meanwhile, warm **1/3 cup olive oil** in a large (12-inch) skillet over medium-high heat. When it's warm enough that a slice of onion sizzles on contact, add the **sliced onions**. Stir to combine. Stir only every 3 minutes or so at first, then more often once the onions at the edges of the pan start browning. If the onions are browning before they have softened, turn down the heat. Cook until the onions are deeply caramelized and starting to crisp at the edges, about 20 to 30 minutes. In the meantime, line a large plate or cutting board with a couple paper towels.
4. Using a slotted spoon, transfer the **caramelized onions** to the lined plate and spread them evenly across. Sprinkle with a **pinch salt** over the onions. They'll crisp up as they cool.
5. When the **lentils and rice** are done cooking, drain off any excess water (if there is any). Lay a kitchen towel across the top of the pot to absorb steam, then cover the pot and let it rest for 5 minutes.
6. Remove the lid, discard the bay leaves, and smash the garlic cloves against the side of the pan with a fork. Add **about 3/4ths of the sliced green onions and chopped cilantro**, reserving the rest for garnish. Gently stir and fluff with a fork. Season to taste with additional salt and pepper, if necessary.
7. Top with the **caramelized onions** and the **remaining green onions and chopped cilantro**. Serve hot, warm or at room temperature, with a dollop of **Greek yogurt** and **Zhoug sauce**.

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