



Quinoa Stuffed Sweet Potatoes & Roasted Broccoli

Prep Time: 15 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

376 Calories

15 g fat

210 mg sodium



DIRECTIONS:

1. Pierce the **sweet potatoes** with a fork and place in a microwave-safe dish. Cover with plastic wrap and poke a few holes in plastic. Microwave on high 12 minutes, until very tender, turning over once halfway through. Let cool.
2. Pour the **quinoa** into a fine mesh colander and rinse under running water for at least 30 seconds. Drain well. This step removes any bitterness on the outside of the quinoa (caused by naturally occurring saponins). Combine the rinsed quinoa, **2 cups water** and **1/8 tsp salt** in a saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 10 to 20 minutes (small amounts of quinoa will be ready closer to 10 minutes; larger amounts between 15 to 20). Reduce heat as time goes on to maintain a gentle simmer. Remove the pot from heat, cover, and let the quinoa steam for 5 minutes off the stove. This step gives the quinoa time to pop open into little curlicues, so it's nice and fluffy. Remove the lid and fluff the quinoa with a fork. Set aside.
3. Meanwhile, pit, peel, and chop the **avocado**, set aside. Chop the **parsley leaves**, set aside. Peel and mince the **garlic cloves**, set aside.
4. **Roasted Broccoli:** Preheat the oven to 425 degrees. In a large bowl, toss the **broccoli florets** with **2 cloves minced garlic**, **3 TB olive oil**, and the **juice of 1/2 a lemon** until lightly coated. Spray a large baking sheet with **cooking spray** and arrange the broccoli in a single layer on the coated baking sheet. Roast in the oven for 15-20 minutes or until desired tenderness. Remove pan from oven and toss broccoli with **1/4 tsp black pepper** and **parmesan cheese**.
5. When cool enough to handle, slice the **sweet potatoes** lengthwise, making sure not to cut all the way through. Scoop out the flesh of each potato and place in a large bowl. With fork, mash until mostly smooth. To the mash, add the **cooked quinoa**, **1/4 cup chopped parsley**, **sliced almonds**, **1 clove minced garlic**, **feta**, and **1/4 tsp black pepper**. Spoon mixture into sweet potato skins and top with **diced avocado** and **diced red onion**.

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

- 4 medium sweet potatoes
- 1 cup quinoa
- 2 cups water**
- 1/8 tsp salt**
- 1 avocado, diced
- 1/4 cup parsley, chopped
- 1/4 cup sliced almonds
- 1 cloves garlic, peeled and minced
- 1/2 cup red onion, diced
- 1/3 cup crumbled feta
- 1/4 tsp black pepper**
- Cooking spray**
- 1.5 lbs. broccoli florets
- 3 TB olive oil**
- 1/2 lemon juiced
- 2 garlic cloves, peeled and minced
- 1/4 tsp black pepper**
- 1/4 cup Parmesan 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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BBQ Cauliflower & Chickpea Tacos

Prep Time: 15 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

195 Calories

10 g fat

400 mg sodium



INGREDIENTS: ** Items not included in kit

- 14 oz. cole slaw mix
- 1.5 lbs. cauliflower florets
- 1 (15 oz.) can chickpeas
- 1 TB olive oil**
- 10 corn tortillas
- 1 jalapeno, seeded and diced

CREAMY LIME DRESSING:

- 1/2 cup mayonnaise
- 1/2 tsp Dijon mustard
- 1/2 tsp maple syrup
- 1 1/2 tsp apple cider vinegar
- 1/4 tsp celery seed
- 1/4 tsp salt & 1/4 tsp black pepper**
- 1 tsp water**
- Juice of one lime

BBQ RUB:

- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp kosher salt
- 1 tsp chili powder
- 1 tsp brown sugar
- 1.5 tsp paprika
- 1/4 tsp black pepper**

DIRECTIONS:

1. Pre-heat oven to 375 degrees F.
2. Make the Creamy Lime Dressing: In a medium bowl add **all of the Creamy Lime Dressing ingredients**. Mix ingredients together until a creamy sauce has formed, set aside. In a large bowl, add the **bag of coleslaw** and pour **dressing** over. Mix until everything is well combined. Place in the refrigerator until ready to use.
3. Place **cauliflower florets** and rinsed & drained can of **chickpeas** onto a large sheet pan and drizzle with **1 TB olive oil** and sprinkle with **BBQ Rub**. Toss everything together with your hands so that the cauliflower and chickpeas are coated evenly. Place the sheet pan in the oven and bake for about 25 minutes, tossing once.
4. Halve the **jalapeno** and remove the seeds with the tip of the knife. Slice into thin strips, then finely dice, set aside. ****Wash your hands immediately after touching the jalapeno and do not touch your eyes.****
5. Warm up **corn tortillas** in a large skillet over medium heat in batches flipping to warm each side, about 1-2 minutes per side. Stack warmed tortillas on a plate and cover with a towel to keep warm.
6. To serve: Add about **1/4 cup of cauliflower/chickpea mixture** to each **corn taco** and top with a few tablespoons of **slaw mixture**. Top with **diced jalapeños** if desired.

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