



Mushroom and Barley Risotto

Prep Time: 15 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

350 Calories

14 g fat

685 mg sodium



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

- 4 cups (32 oz.) low sodium vegetable broth
- 3 TB unsalted butter**
- 1 cup onion, diced
- 1/4 tsp salt & 1/4 tsp black pepper**
- 16 oz. sliced mushrooms
- 3 garlic cloves, minced
- 1 TB fresh thyme leaves, pull leaves from stem and discard stem
- 1 cup pearl barley
- 1 lemon, juiced
- 1 cup Parmesan cheese
- 3/4 cup peas
- 1/4 cup fresh flat leaf parsley, chopped for garnish

DIRECTIONS:

1. Rinse mushrooms and discard the **mushroom** stems. Slice the **mushrooms**, set aside. Peel and minced **garlic cloves**, set aside. Wash and rinse **parsley**, chop leaves, set aside.
2. In a medium sauce pan, heat the **4 cups vegetable broth** over medium low heat.
3. In a large sauté pan, over medium heat add **3 TB butter**, once melted, add the **diced onion**, **1/4 tsp salt** and **1/4 tsp black pepper** and sauté for 5-7 minutes, stirring often until onions are translucent. Increase the heat to medium high and add the **sliced mushrooms**, stirring to combine and continue cooking 4 minutes. Add the **minced garlic** and **fresh thyme leaves** and cook for 1 minute longer. Add the **pearl barley** and stir to combine for 2 minutes to toast the barley. Add **1/2 cup water** and cook for 3 minutes, or until liquid is completely absorbed. Add **2 cups warm vegetable broth**; bring mixture to boil. Reduce heat and simmer until most of the liquid is absorbed, stirring frequently, about 5 minutes. Add **remaining broth 1/2 cup at a time**, allowing broth to be absorbed before adding more and stirring frequently until barley is tender, about 50 minutes total.
4. Once the barley is tender, add the **parmesan cheese**, **the juice of 1 lemon** and the **peas**. Toss to combine then top with the **chopped parsley** as a garnish.

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:





Roasted Broccoli & Red Pepper Grilled Cheese with Salad

Prep Time: 15 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

750 Calories

30 g fat

1050 mg sodium



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

- 1 lb. broccoli florets
- 1.5 cups red bell pepper, thinly sliced
- 1.5 cups yellow onion, thinly sliced
- 2 TB olive oil**
- 2 TB balsamic vinegar
- 1/4 tsp salt & 1/4 tsp black pepper**
- Pinch of red pepper flakes
- 8 slices of sourdough bread
- 2 cups shredded cheddar cheese
- 2 TB Dijon mustard
- 2 TB Butter**
- Mixed Greens
- Favorite salad dressing**

DIRECTIONS:

1. Preheat oven to 425 degrees. Transfer the **broccoli, bell pepper** and **onions** to a large, rimmed baking sheet. Drizzle with **2 TB olive oil, 1 TB balsamic vinegar, 1/4 tsp salt & 1/4 tsp black pepper**. Toss until all of the ingredients are evenly combined. Arrange the veggies in a single layer on the baking sheet then sprinkle lightly with **red pepper flakes**. Bake until the veggies are tender and caramelized, about 15-20 minutes, tossing halfway.
2. To assemble the sandwiches, spread a very thin layer of **Dijon mustard** on one **slice of bread**, top with **shredded cheddar cheese**, then some **roasted vegetables**, and top with more **cheese**; then and place another **slice of bread** on top. Repeat for the remaining sandwiches.
3. Heat a large nonstick skillet over medium heat. Add a **1/2 TB butter**, let it melt and swirl it around the pan. Carefully place one sandwich in the pan. Cover the pan with a lid or foil to encourage the cheese to melt. Let the sandwich cook until the bottom side is golden and the cheese is mostly melted. Use a spatula to lift the sandwich out of the pan and Add a little more butter, swirl and carefully flip the sandwiches over and place back in the pan to cook the other side. Once the other side is golden and the cheese has melted, transfer them to a plate and repeat with the remaining sandwiches.
4. Toss the **mixed greens** with your **favorite salad dressing**.

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:

