



## Persian Herb & Chickpea Stew with Rice

Prep Time: 30 min

Cook Time: 20 min

Serves: 6

### NUTRITION FACTS, PER SERVING:

610 Calories

20 g fat

750 mg sodium



### DIRECTIONS:

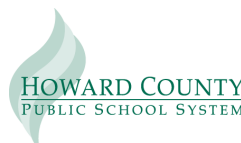
#### INGREDIENTS: **\*\* Items not included in kit**

- 1.5 cups basmati rice
- 1 TB olive oil\*\*
- Pinch of salt\*\*
- 1/4 cup olive oil\*\*
- 1 cup yellow onion, diced
- 2 (14 oz) cans chickpeas, drained
- Salt & black pepper, to taste\*\*
- 3 garlic cloves, peeled and minced
- 1 tsp ground turmeric
- 1/2 tsp crushed red pepper flakes
- 1 lemon, juiced and zested
- 1 (32 oz) box low sodium vegetable broth
- 3.5 oz fresh baby spinach
- 1/2 cup cilantro, chopped
- 1/2 cup parsley, chopped
- 1/4 cup dill, chopped
- 1 TB chives, chopped
- 4 Naan flatbread—To heat the Naan, preheat the oven to 400 degrees and place Naan on an baking sheet in middle of oven and warm for 2-3 minutes.

1. **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.
2. Heat **1/4 cup olive oil** in a large pan over medium heat. Add the **diced onions** and cook until soft, about 5-8 minutes. Add the **2 drained cans of chickpeas**, season with **salt & pepper to taste**. Cook stirring occasionally until the chickpeas begin to crisp, about 5-8 minutes. Add the **3 cloves of garlic (peeled and minced), turmeric, 1/4 to 1/2 tsp crushed red pepper flakes (based on desired spice preference), and lemon zest**, stirring to combine, about 2 minutes. Remove pan from stovetop, reserving 1 cup of chickpeas for garnish.
3. Place the remaining pan roasted chickpeas in a large stock pot. Add **3 cups vegetable broth**, the **juice of 1/2 lemon** and bring the mixture to a boil, then reduce heat to low. Stir in the **baby spinach, 1/2 cup chopped cilantro, 1/2 cup chopped parsley, 1/4 cup chopped dill, and 1 TB chopped chives**, and simmer for 10 minutes until the spinach is wilted. Add **salt and black pepper**, to taste, as needed. Add as much of the remaining **1 cup vegetable broth** to reach desired soup consistency.
4. To serve, divide the **cooked basmati rice** among bowls and ladle **stew** over. Top with **reserved chickpeas**. Enjoy with warmed **Naan flatbread**.

*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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## Three Cheese Eggplant Pasta Bake with Salad

Prep Time: 30 min

Cook Time: 25 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

603 Calories

19.7 g fat

932 mg sodium



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

- 2 medium eggplants
- Non-stick Cooking Spray\*\*
- Salt & black pepper, to taste\*\*
- 1 lb. penne pasta
- Pinch salt\*\*
- 1 TB olive oil\*\*
- 1 cup onion, diced
- 1/3 cup celery, diced
- 2 garlic cloves, peeled and minced
- 1 (28 oz.) can crushed tomatoes
- Pinch of sugar, about 1/8 tsp sugar\*\*
- Three Cheese Blend (1 cup shredded cheddar cheese, 1/4 cup parmesan cheese, 1 cup shredded mozzarella cheese)
- 3 TB basil pesto
- Mixed Greens
- Favorite salad dressing\*\*

### DIRECTIONS:

1. Preheat oven to broil. Coat a large baking sheet with **non-stick cooking spray**.
2. Wash and trim the ends of the **eggplant**. Slice eggplant into 1/4 inch slices. Place the slices onto the prepared baking sheet in a single layer. Season the slices with a **pinch of salt and black pepper**. Cook under the broiler for 2-3 minutes each side, until soft but not crispy. You may need to do this in 2 batches if not all the slices fit on one baking tray.
3. Bring a large pot of water to a boil, add a **pinch of salt** and cook **penne** according to package directions for al dente. When done, drain and set aside.
4. In a large pan, heat **1 TB olive oil** over medium heat, add **diced onions** and **diced celery** and cook for 3 minutes. Season with a **pinch of salt and black pepper**, add in **2 garlic cloves minced, can of crushed tomatoes, 1/8 tsp sugar** and stir to combine. Reduce heat to a simmer and cook uncovered for 5 minutes, stirring occasionally. In whichever pan is larger, combine the cooked pasta and the tomato sauce and toss to evenly coat.
5. Preheat oven to 375 degrees. Spray a large baking dish with **non-stick cooking spray**. Place 1/3 of the **cooked eggplant** in a single layer in bottom of the dish, smear **1 TB of basil pesto** on top of eggplant slices, top with **1/3 of the pasta/sauce mixture**, top with **1/3 of the Three cheese Blend**, and repeat twice more. Bake for 20-25 minutes or until cheese is melted and bubbly.
6. Toss the **mixed greens** with your **favorite salad dressing**.

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