



Crispy Tofu and Roasted Brussels Sprouts with Sesame Glaze

Prep Time: 20 min

Cook Time : 40 min

Serves: 4

NUTRITION FACTS, PER SERVING:

557 calories

20.8 total grams of fat

1020 mg sodium



INGREDIENTS: ** Items not included in kit

- Parchment paper or Aluminum Foil**
- Non-stick cooking spray**
- 1 block firm tofu
- 1 1/2 pounds Brussels sprouts
- 1 TB olive oil**
- Salt & Pepper, to taste**
- 1 TB olive oil**
- 1 TB soy sauce
- 1 TB cornstarch
- 1.5 cups Jasmine rice
- 1 TB olive oil**
- Pinch of salt**

Glaze Ingredients

- 1/4 cup low-sodium soy sauce
- 3 TB maple syrup
- 2 TB rice vinegar
- 2 tsp sesame oil
- 1 to 3 teaspoons sriracha
(depending on how spicy you like it)

Toppings

- 1 TB sesame seeds
- Fresh cilantro leaves, chopped

DIRECTIONS:

1. Position oven racks in the lower third and upper third of the oven. Preheat oven to 400 degrees . Line two large, rimmed baking sheets with **parchment paper or aluminum foil** and spray with **non-stick cooking spray** to prevent the tofu from sticking.
2. Drain the **tofu** and use your palms to gently squeeze out some of the water. Slice the tofu into thirds lengthwise so you have 3 even slabs. Stack the slabs on top of each other and slice through them lengthwise to make 3 even columns, then slice across to make 5 even rows. Line a cutting board with an absorbent lint-free tea towel or paper towels, then arrange the tofu in an even layer on the towel and top with another towel/paper towels. Place something heavy on top (like another cutting board, topped with a cast iron pan or large cans) to help the tofu drain. Let the tofu drain for at least 10 minutes.
3. Trim the ends of the **Brussels sprouts** and then cut in half, discarding any outer leaves if needed. Wash and drain. On one of the prepared baking sheets, toss the **sprouts** with **1 TB olive oil and salt & pepper to taste**. Arrange the **sprouts** in an even layer, flat sides down.
4. Transfer the pressed **tofu** to the other prepared baking sheet. In a small bowl, whisk **1 TB olive oil** and **1 TB soy sauce** and drizzle evenly over tofu, toss to combine. Sprinkle the **cornstarch** over the tofu, and toss the tofu until the starch is evenly coated, so there are no powdery spots remaining. Arrange the tofu in an even layer across the pan.
5. **To bake the sprouts and tofu:** Transfer the pan of Brussels sprouts to the lower oven rack, and the pan of tofu to the top rack. Bake for 25 to 30 minutes, tossing the contents of each pan halfway through cooking, until the sprouts and tofu are deeply golden on the edges.
6. **Jasmine Rice:** Rinse the 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 12-15 minutes or until all the water is absorbed. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
7. **To make the glaze:** In a small saucepan, whisk the **glaze ingredients** together. Bring to a gentle boil over medium heat, stirring often and reducing heat as necessary. Simmer until the glaze is reduced by about half, about 5-10 minutes. Remove from heat and set aside.
8. **To serve:** Divide the **rice** onto plates. Top each plate with **sprouts** and **tofu** and drizzle with **glaze**. Finish each plate with a sprinkle of **sesame seeds** and **chopped cilantro**.

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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Quinoa Bowl with Squash

Prep Time: 20 min

Cook Time : 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

760 Calories

30 g total fat

750 mg sodium



DIRECTIONS:

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

- 2 Delicata squash
- 4 TB olive oil, divided**
- Salt & Black Pepper, to taste**
- 1 TB Quinoa Spice Blend (chili powder, paprika, garlic powder, ground cumin, dried oregano)
- 1 cup quinoa
- 2 cups vegetable broth (Measure Out)
- 1/2 cup feta cheese
- 2 garlic cloves, minced
- 1 avocado, sliced
- 2 (15.5oz) cans black beans
- 1/3 cup vegetable broth (Measure Out)
- 1/2 pint cherry tomatoes, halved
- 4 oz radishes, sliced
- 1 lime, juiced
- 4 TB pepitas

1. Wash and Prep Vegetables and set aside: Peel and mince **2 garlic cloves**. Drain and rinse the **black beans**. Cut the **lime** in half. Slice **radishes** into rounds and then slice into matchsticks. Halve **cherry tomatoes**.
2. Preheat oven to 450°F. Wash and dry the **Delicata squash**, cut off and discard the ends; halve lengthwise. Using a spoon, scoop out and discard the pulp and seeds, then slice into 1/2 inch thick slices crosswise. Place on a sheet pan coated with cooking spray. Drizzle with **1 TB olive oil, pinch of salt & pepper**, and sprinkle with **half of the Quinoa Spice Blend**. Toss to coat. Arrange squash slices in a single layer. Roast 15-20 minutes, or until tender when pierced with a fork.
3. 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. Combine the rinsed quinoa and **2 cups vegetable broth** 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 the liquid, about 15 minutes. Remove from heat, cover, and let the quinoa steam for 5 minutes. Remove the lid and fluff the quinoa with a fork. Add the **feta cheese, 1 TB olive oil** and season with **salt & pepper**; stir to combine. Cover to keep warm.
4. To make the **salsa**, in a large bowl, add the **sliced radishes, halved cherry tomatoes, the juice of the lime, 1 TB olive oil** and a pinch of **salt & pepper**, toss to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.
5. In a medium pan, heat **1 TB olive oil** on medium-high heat, add the **minced garlic**. Cook, stirring constantly, 30 seconds. Add the **drained and rinsed black beans, 1/3 cup vegetable broth**, and the **remaining half of the Quinoa Spice Blend**; season with **salt & pepper**. Cook, stirring occasionally, 3 to 4 minutes, or until the liquid has cooked off.
6. Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then thinly slice.
7. Serve the **cooked quinoa** topped with the **roasted squash, cooked black beans, avocado slices**, and **salsa**. Garnish with the **pepitas**.

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