



Sweet Potato, Arugula & Wild Rice Salad with Ginger Dressing

Prep Time: 20 min

Cook Time: 50 min

Serves: 4

NUTRITION FACTS, PER SERVING:

377 calories

24g total fat

359mg sodium



INGREDIENTS: ** Items not included in kit

- 1 cup wild rice
- 1 TB butter**
- Non-stick cooking spray**
- Salt & black pepper, to taste**
- 1.5 lbs. sweet potatoes, cut into 1" cubes
- 2 TB olive oil**
- 1/3 cup pepitas
- 5 oz. arugula
- 1/2 cup feta cheese crumbles
- 1/2 cup green onions, thinly sliced
- 1/4 cup dried cranberries

GINGER DRESSING:

- 1/2 cup olive oil**
- 2 TB apple cider vinegar
- 2 TB mustard
- 1 TB maple syrup
- 2 tsp ginger, peeled & grated/minced
- Salt & black pepper, to taste**

DIRECTIONS:

1. **Wild Rice:** In a medium saucepan fitted with a lid, bring **2 1/3 cups water** to a boil, add **wild rice** and **1 TB butter**, stir well to combine, cover and reduce heat to a simmer for 20 minutes. Remove from heat and leave covered for 5 minutes. Remove lid and stir to combine.
2. Preheat the oven to 425 degrees. Spray a large rimmed baking sheet with **non-stick cooking spray**. Peel and cube the **sweet potatoes** into 1 inch cubes, and place on baking sheet. Drizzle with **2 TB olive oil** and season with **salt & black pepper** to taste, tossing to ensure they are evenly coated and in a single layer. Roast for 25-30 minutes, tossing halfway through, until they are caramelized on the edges and tender when pierced with a fork.
3. **Ginger Dressing:** Combine all the ingredients listed under Ginger Dressing in a small bowl and whisk until smooth and thoroughly combined. Set aside.
4. To assemble the warm salad. Arrange the **arugula** in a large bowl or platter, top with **cooked wild rice, roasted sweet potatoes, pepitas, crumbled feta, thinly sliced green onions, and dried cranberries**. Drizzle with desired amount of **Ginger Dressing** (you don't have to use it all) and toss to combine. NOTE: if you are not planning on eating all the salad at once, store the salad in the refrigerator without the dressing drizzled on top.

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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Fall Quinoa Vegetable Soup

Prep Time: 15 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

320 calories

5 g total fat

880mg sodium



INGREDIENTS: ** Items not included in kit

- 2 TB olive oil, divided**
- Salt & black pepper, to taste**
- 1 cup onion, diced
- 1/2 cup carrots, diced
- 1/2 cup celery, diced
- 2 cloves garlic, minced
- 3 cups butternut squash, diced
- Soup Spices (1 bay leaf, 1/2 tsp thyme, 1/2 tsp rosemary)
- 2 (32 oz) boxes Vegetable Broth
- 2 (15 oz) cans diced tomatoes
- 1 (15 oz) can chickpeas, rinsed & drained
- 1 cup quinoa
- 1/2 bunch kale leaves, chopped ribs and stems removed
- 1/3 cup parmesan cheese
- 4 ciabatta rolls

DIRECTIONS:

1. Heat **2 TB olive oil** in a large pot over medium heat. Add **diced onion, diced carrots, diced celery** and season with **salt and black pepper** to taste. Cook stirring occasionally until onions are translucent, about 5 minutes. Add the **minced garlic, diced butternut squash** and **soup spices**, stir to combine and continue to cook for 5 more minutes, stirring occasionally.
2. Add **7 cups vegetable broth** (Measure Out), 2 cans of **diced tomatoes**, drained and rinsed **chickpeas**, and **quinoa**, stirring to combine. Cook for 15 minutes or until quinoa is soft. Stir in chopped **kale** and season with **salt and pepper to taste**. Cook for 5 minutes longer until kale is wilted.
3. Warm **ciabatta rolls** in a 400 degree oven for 8-10 minutes.
4. Serve soup in bowls sprinkled with **parmesan cheese** and warmed ciabatta rolls alongside.

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