



Sesame Ginger Chickpea Cakes & Green Bean Curry

Prep Time: 20 min

Cook Time : 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

342 calories

11.3 total grams of fat

411.6 mg of sodium



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

CHICKPEA CAKES:

- 3 TB olive oil, divided**
- 1 shallot, peeled and finely chopped
- 1 TB soy sauce
- 1 garlic clove, peeled and minced
- 2 (15 oz) cans chickpeas, drained and mashed
- 2 green onions, thinly chopped
- 1/2 TB fresh ginger, peeled & grated or finely minced
- 1 tsp sesame oil
- 2 eggs, beaten
- 1/2 tsp coriander
- 1/4 cup cilantro, finely chopped

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- 1 cup panko breadcrumbs
 - Salt & black pepper, to taste**

YOGURT SAUCE:

- 1 cup plain Greek yogurt
- 1 TB olive oil**
- 1 tsp honey
- 1/8 tsp Yogurt Spices (garlic & onion powder)
- 1 TB lime juice and 1/4 tsp lime zest
- 1/4 cup cilantro, chopped
- Salt & black pepper, to taste**

GREEN BEAN CURRY:

- 1 lb. green beans, trimmed into 2 inch pieces
- 1 garlic clove, peeled
- 1 green chili pepper, seeded & white ribs removed and chopped
- 1/2 tsp paprika
- 1 lemongrass stem, chopped
- 2 tsp fish sauce
- 1/2 cup coconut milk (stir before measuring out from can)
- 1 TB olive oil**
- 2 green onions, sliced on the bias in 1 inch pieces
- Blender or food processor**

DIRECTIONS:

Read through ingredients and prepare produce as listed.

CHICKPEA CAKES & YOGURT SAUCE:

1. In a small pan, heat **1 TB olive oil** over medium high heat. Add the chopped **shallots** and cook until they are translucent. Remove the pan from the heat and add in the **soy sauce** and **1 clove minced garlic**, stir to combine.
2. In a medium bowl, mash the drained **cans of chickpeas** with a fork. Add the **remaining Chickpea Cake ingredients (up to the line)** and pour the cooked shallot mixture in from step 1. Stir to combine all ingredients well and form into patties by forming into a ball and then gently pressing down to flatten. Place patties on a plate in the fridge for at least 20 minutes to chill. The patties will be wet.
3. Yogurt Sauce: In a small bowl, combine **all the ingredients listed under Yogurt Sauce** and keep in the fridge until ready to serve.
4. Spread the **1 cup panko** on a plate and season with **salt and pepper** to taste. Coat Chickpea Patties in the mixture, coating both sides. Heat **2 TB olive oil** in a large skillet over medium high heat and add the patties, cooking 2-3 minutes per side or until golden brown. Serve with yogurt sauce.

GREEN BEAN CURRY:

1. Wash and trim the **green beans** into 2 inch pieces and cook in boiling water for 2 minutes, remove from heat and drain well, set aside.
2. In a blender or food processor, place the peeled **garlic clove, seeded and white ribs removed chopped green chili pepper, paprika, chopped lemongrass stem, 2 tsp fish sauce, 1/2 cup coconut milk** and process until a smooth paste is formed.
3. Heat **1 TB olive oil** in a large skillet over medium high heat and add the **2 sliced green onions** and stir for 1 minute, add the **prepared paste from step 2** and bring the mixture to a boil and then reduce the heat to a simmer for 3 minutes. Add the **drained green beans** and cook for an additional 2 minutes until beans are tender. Serve alongside chickpea cakes with the yogurt sauce.

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 Stuffed Acorn Squash

Prep Time: 20 min.

Cook Time : 45 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

388 calories

18.6 g total fat

549.5 mg of sodium



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

- Aluminum Foil**
- 2 medium acorn squash
- 2 tablespoons olive oil, divided**
- Salt & black pepper, to taste**
- 1/2 cup quinoa, rinsed
- 1/4 cup dried cranberries
- 1/4 cup pepitas
- 1/4 cup chopped green onion
- 1/4 cup chopped fresh parsley, plus 1 tablespoon for garnish
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- 3/4 cup grated Parmesan cheese
- 1/2 cup feta cheese

DIRECTIONS:

1. Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with aluminum foil for easy clean-up.
2. To prepare the **squash**, use a sharp chef's knife to slice through it from the tip to the stem. I find it easiest to pierce the squash in the center along a depression line, then cut through the tip, and finish by slicing through the top portion just next to the stem. Use a large spoon to scoop out the seeds and stringy bits inside, and discard those pieces. Place the **squash halves** cut side up on the foil lined pan. Drizzle **1 TB olive oil** over the squash, and sprinkle with **1/4 tsp salt and 1/4 tsp black pepper**. Rub the oil into the cut sides of the squash, then turn them over so the cut sides are against the pan. Bake until the squash flesh is easily pierced through by a fork, about 30 to 45 minutes.
3. Pour **1 cup water** into a medium saucepan and bring to a boil. Rinse **quinoa** under running water until water runs clear. Add the **rinsed quinoa** to the boiling water, lower the heat to a simmer, cover and cook for 10-12 minutes, until the grains are tender and open. Remove the pot from the heat and stir in the **dried cranberries**. Cover, and let the mixture steam for 5 minutes. Uncover and fluff with a fork.
4. Pour the fluffed quinoa mixture into a medium mixing bowl. Add the **pepitas, chopped green onions, chopped parsley, minced garlic, 1 TB lemon juice, salt & black pepper to taste, and 1 TB olive oil**. Stir until the ingredients are evenly distributed.
5. If the mixture is very hot, let it cool for a few minutes before adding the **Parmesan cheese and feta cheese**. Gently stir the mixture to combine.
6. Turn the cooked squash halves over so the cut sides are facing up. Divide the mixture evenly between the squash halves with a large spoon. Return the squash to the oven and bake for 15 minutes, until the cheesy quinoa is turning golden on top.
7. Sprinkle the stuffed squash with the remaining **1 tablespoon chopped parsley** as a garnish, and serve warm.

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