



Mee Goreng Tofu

Prep Time: 20 min

Cook Time: 25 min

Serves: 4

NUTRITION FACTS, PER SERVING:

700 Calories

17 g fat

1,050 mg sodium



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

- 1 pound of linguine
- 2 TB packed dark brown sugar
- 2 TB molasses
- 1/4 cup low sodium soy sauce
- 2 shallots, 1 minced and 1 thinly sliced
- 3 garlic cloves, minced
- 2 tsp Sambal Oelek
- 14 oz. extra-firm tofu, cut into 1 inch cubes
- 2 TB cornstarch
- 5 TB vegetable oil**
- 1 lb. bok choy, stalks and greens separated and sliced 1/2 inch thick OR savoy cabbage
- 4 green onions, thinly sliced
- 1 lime, cut into wedges

DIRECTIONS:

1. Peel and **mince garlic**, set aside. Peel and **mince 1 shallot**, set aside. Peel and **thinly slice 1 shallot**, set aside. **Thinly slice green onions**, set aside.
2. **Sauce:** In a small bowl, whisk together **dark brown sugar**, **molasses**, and **soy sauce**. In a separate small bowl, combine the **1 minced shallot**, **minced garlic**, and **Sambal Oelek**.
3. Bring a large pot of water to a boil. Add **linguine** and cook according to the package directions. Set aside.
4. Wrap **tofu** in paper towels or a clean dish towel. Place on a plate and put something heavy on top to press out the moisture. Let tofu drain for 15 minutes. Unwrap tofu and pat dry with paper towels. Cube tofu into 1 inch cubes and place into a large bowl or Ziplock bag. Season tofu with **1/4 tsp black pepper** and **2 TB cornstarch**.
5. In a non-stick sauté pan, over medium heat, add **2 TB vegetable oil**. Add tofu and turn, crisping all sides, about 8-10 minutes. You can cook the tofu in batches add more oil as needed if your pan is smaller. Transfer cooked tofu to a paper towel lined plate.
6. To the same sauté pan, add **1 TB vegetable oil** and sauté the **bok choy** and the **1 thinly sliced shallot**. Cook stirring until the shallots are golden and bok choy is crisp tender, about 5 minutes. Toss in the **linguine** and **tofu**. Whisk the **sauce** to recombine and add to the pan. Cook stirring to combine over medium heat until sauce thickens and coats everything.
7. Serve with a squeeze of lime juice from the **lime wedges** and top with **thinly sliced green onions**.

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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Zucchini Crusted Pizza with Strawberry Salad

Prep Time: 20 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

632 Calories

32 g fat

1,050 mg sodium



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

ZUCCHINI CRUSTED PIZZA

- 2 cups grated zucchini
- 2 eggs beaten
- 20 saltine crackers, crushed
- 1/2 cup shredded mozzarella cheese
- 1/2 cup parmesan cheese, grated
- 1/2 tsp Italian seasoning
- 2 Tbsp. olive oil for the pan**
- 1 cup marinara sauce

Toppings

- 1 cup shredded mozzarella
- 2 oz. sliced black olives (**Drained**)
- 1 cup thin red onion slices
- 1 cup thinly sliced red pepper
- 1/4 cup fresh chopped basil

DIRECTIONS:

1. Preheat oven to 425 degrees. Coat baking sheet with cooking spray, set aside.
2. Press **grated zucchini** firmly to dry out any excess liquid or until fairly dry. Use a paper towel or clean kitchen towel to squeeze out any additional liquid. If zucchini is wet, the pizza crust will be soggy.
3. Add the **beaten eggs, crushed crackers, 1/2 cup mozzarella, 1/2 cup parmesan and 1/2 tsp Italian seasoning** to the DRY zucchini, mix well, then press the batter into the oiled baking sheet (it won't be like bread dough, it will be the consistency of quick bread batter).
4. Bake at 425 degrees for 20-25 minutes. Remove from oven.
5. Spread **marinara sauce** over the crust and top with **1 cup mozzarella cheese, olives, onions and peppers**.
6. Reduce oven to 400 degrees and put pizza back in for 7-10 minutes until cheese is melted and bubbly.

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

STRAWBERRY SALAD

- 8 oz. lettuce mix
- 1 pint fresh strawberries, sliced
- 1/2 cup mayonnaise
- 2 TB white wine vinegar
- 1/3 cup white sugar
- 2 TB poppy seeds
- 1/4 cup milk**
- 1/4 tsp salt & 1/4 tsp black pepper**

DIRECTIONS:

1. In a large salad bowl, combine the **lettuce mix** and **sliced strawberries**.
2. In a jar with a tight fitting lid, combine the **mayonnaise, vinegar, sugar, poppy seeds, and milk**. Shake well and pour the dressing over the salad. Toss until evenly coated.

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