



Quinoa Goodness Bowl

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

540 calories

16 g fat

440 mg sodium



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

- 1 cup quinoa
- 2 cups low sodium vegetable broth
- 1 (15 oz) can white beans, drained and rinsed
- 1 bunch asparagus
- 4 cups baby arugula
- 1 avocado, diced
- 1 cucumber, sliced
- 1/2 cup pumpkin seeds

Green Goddess Yogurt Sauce

- 1 cup plain Greek yogurt
- 1/2 cup fresh parsley
- 1/4 cup fresh cilantro
- 1 lemon, juiced
- 1 garlic clove
- 1/4 tsp salt & 1/4 tsp black pepper**

DIRECTIONS:

1. Rinse the **quinoa**: 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 a bit to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes. Remove the pot from heat, cover, and let the quinoa steam for 5 minutes. This step gives the quinoa time to pop open into little curlicues, so it's nice and fluffy. Remove the lid and fluff the quinoa with a fork.
2. Drain and rinse **white beans**, set aside. Scoop out the flesh of an **avocado** and dice into 1/2 inch cubes, set aside. Cut the **cucumber** in half and slice into 1/4 inch slices, set aside.
3. Trim off bottom 1 inch of **asparagus**. Pour or spritz 1/4 cup water onto 4 paper towels. Spread out the paper towels and lay the **asparagus** on top of the dampened towels. Sprinkle with **1/4 tsp salt**. Roll up the asparagus in the dampened towels. Lay the bundle, seam side down, in the microwave. Microwave on high until the asparagus is just crisp tender, about 3 minutes. Remove from the microwave using tongs and carefully unwrap. Slice into 1 inch pieces, set aside.
4. To make the **Green Goddess Yogurt Sauce**, combine all the ingredients in a blender or food processor. Pulse until well blended. Add water if needed until desired consistency.
5. To assemble bowls, scoop **quinoa** into a bowl and top with your preference of **beans, asparagus, arugula, avocado, cucumber** and **pumpkin seeds**. Drizzle with **yogurt sauce**, toss together and enjoy!

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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Spinach Artichoke Lasagna

Prep Time: 20 min

Cook Time: 50 min

Serves: 4

NUTRITION FACTS, PER SERVING:

319 calories

11 g fat

698 mg sodium



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

- 2 cups Marinara Sauce
- 1/4 tsp red pepper flakes
- 2 cups (16 oz) low fat cottage cheese
- 2 TB olive oil**
- 1 cup diced red onion
- 3 cloves garlic, minced
- 1 cup artichoke hearts, drained and chopped
- 12 oz baby spinach (WASH and pat dry before using)
- salt & black pepper, to taste**
- 9 No-boil lasagna noodles
- 2 cups shredded part skim mozzarella cheese
- Non stick cooking spray

DIRECTIONS:

1. Warm **2 TB olive oil** in a large skillet over medium heat. Add the **chopped onions** and **1/4 tsp salt**. Cook until the onion is tender and translucent, about 4-5 minutes. Add the **minced garlic** and **1/4 tsp red pepper flakes**, cook stirring constantly until fragrant, about 30 seconds.
2. Drain the **artichoke hearts** and chop, add to the skillet, then add a few handfuls of **spinach**. Cook, stirring and tossing until the spinach has wilted. Repeat with remaining **spinach**. Continue cooking for about 10 minutes, stirring frequently, until spinach has reduced in volume and very little moisture remains in the bottom of the pan.
3. In a large mixing bowl, whip by hand the **cottage cheese** until smooth. Add the **artichoke spinach mixture** to the cottage cheese and mix well. Season with **salt** and **pepper** to taste.
4. In a baking dish coated with **non stick cooking spray**, spread **1/2 cup marinara sauce** evenly over the bottom. Layer **3 lasagna noodles** on top, overlapping their edges as necessary. Spread half of the **spinach mixture** evenly over the noodles. Top with **1/2 cup marinara sauce**, then sprinkle **1/2 cup shredded mozzarella cheese on top**.
5. Top with **3 more lasagna noodles**, followed by the **remaining spinach artichoke mixture**. Sprinkle **1/2 cup shredded cheese on top (skipping the marinara sauce in this layer)**. Top with **3 more noodles**, then spread the remaining **marinara sauce** over the top so the noodles are evenly covered. Sprinkle evenly with remaining **1 cup shredded mozzarella** cheese.
6. Cover with aluminum foil but don't let the foil touch the cheese. Bake covered for 18 minutes in a preheated 425 degree oven. Remove the foil, rotate the pan and bake for about 12 more minutes until the top starts to brown. Remove from oven and let it rest for 10 minutes before slicing.

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