



Sheet Pan Veggie Tacos

Prep Time: 15 min

Cook Time: 30 min

Serves: 6

NUTRITION FACTS, PER SERVING:

580 calories

34 g fat

960 mg sodium



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

- 1 sweet potato, diced
- 1/2 pint grape tomatoes, halved
- 3 garlic cloves, minced
- 1 (15 oz) can black beans, drained & rinsed
- 1 jalapeno, sliced
- 1 zucchini, diced
- 1/2 cup diced red bell pepper
- 1/2 cup diced onion
- 1/2 cup corn kernels, 2 ears
- 2 TB olive oil**
- Spice Blend:
 - 2 tsp chili powder
 - 2 tsp cumin
 - 1/2 tsp oregano
 - 1/2 tsp smoked paprika
 - 1/4 tsp salt & 1/4 tsp black pepper**
- 16 corn tortillas
- Cooking spray**

Creamy Avocado Crema

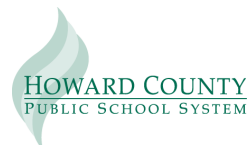
- 2 avocados
- 1 TB olive oil**
- 1 lime, juiced
- 1/2 tsp garlic powder
- 1/4 tsp salt & 1/4 tsp black pepper**

DIRECTIONS:

1. Preheat the oven to 425 degrees. Coat a large baking sheet with **cooking spray**.
2. Combine the following in a large bowl after prepping as noted: Peel and dice the **sweet potatoes** into 1/2 inch cubes. Halve the **grape tomatoes**. Peel and mince the **garlic cloves**. Drain and rinse the **black beans**. Halve the **jalapeno**, remove the seeds and ribs with a knife, thinly slice into strips then dice. **(Wash your hands immediately after touching the jalapeno and avoid touching your eyes.)** To the same large bowl, add the **zucchini, red bell pepper, onion, corn kernels, 2 TB olive oil, spice blend, 1/4 tsp salt & 1/4 tsp black pepper**. Toss to combine.
3. Pour the **vegetable mixture** onto the greased baking sheet in an even layer. Bake for 20-25 minutes, stirring halfway through until vegetables are tender.
4. Combine all the ingredients for the **Creamy Avocado Crema** in a blender or mash with a fork in a bowl. Stir well to make a sauce. Add a little water if the sauce needs to be thinner.
5. To warm the **tortillas**, place them one at a time in a fry pan heated to medium high heat for 30 seconds each side. Keep warm by wrapping in a towel.
6. To serve the tacos, fill the **warmed tortillas** (double up tortilla shells) with the **vegetable mixture** and top with a drizzle of the **Creamy Avocado Crema 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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Penne with Harissa Roasted Vegetables

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

380 calories

28 g fat

200 mg sodium



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

- 1/2 lb. penne pasta, you were given a 1 lb. box
- 2 TB harissa paste
- 1/4 cup olive oil**
- 1/4 tsp salt & 1/4 tsp black pepper**
- 2 cups cauliflower florets
- 2 cups red bell peppers, cut into strips
- 2 tomatoes, diced
- 1 carrot, cut into 1/2 inch rounds
- 1/4 cup cilantro, chopped
- Mixed greens
- Salad dressing**
- Cooking spray**

DIRECTIONS:

1. Preheat oven to 400 degrees. Spray a large baking sheet with **cooking spray**.
2. In a small bowl, whisk together **harissa paste, 1/4 cup olive oil, 1/4 tsp salt & 1/4 tsp black pepper**, set aside.
3. Prepare any vegetables as listed in ingredients. In a large bowl, combine the **cauliflower, red bell pepper, tomatoes and carrot**. Drizzle with the **prepared harissa sauce** from step 2. Toss to combine and spread in an even layer on the prepared baking sheet. Bake for 20-25 minutes or until vegetables are roasted and tender.
4. Bring a large pot of water to a boil. Add the **penne** and cook according to the package directions.
5. Toss the **drained pasta** with the **cooked vegetables** and sprinkle with chopped **cilantro** and enjoy. Serve the **mixed salad greens** with your **favorite dressing**.

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