



Southwestern Kale Power Salad

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

813 calories

38.6 g fat

976 mg sodium



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

- 1 cup quinoa
- 1 bunch kale, wash first, remove ribs and chop into very small, bite-sized pieces
- 2 TB olive oil**
- 1 lime, juiced
- 1/4 tsp salt & 1/4 tsp black pepper**
- 1 sweet potato, peel and dice into 1/4-inch cubes
- 2 TB olive oil**
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 tsp salt**
- 1 (15-ounce) can black beans, rinsed and drained
- 1/3 cup crumbled feta
- 1/4 cup pepitas (pumpkin seeds)

Avocado Sauce

- 2 avocados, sliced into long strips
- 2 limes, juiced
- 2 TB olive oil**
- 1 jalapeño, seeded, and roughly diced (**Wash hands after prepping, don't touch eyes after handling pepper.**)
- 1/4 cup fresh cilantro leaves (rinse before use)
- 1/2 tsp ground coriander

DIRECTIONS:

1. To cook the **quinoa**: First, rinse the **quinoa** in a fine mesh colander under running water for a minute or two. In a medium-sized pot, combine the rinsed **quinoa** and **1 1/2 cups water**. Bring to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 10 minutes. Remove the **quinoa** from heat and let it rest, still covered, for 5 minutes. Uncover, drain off any excess water and fluff the quinoa with a fork. Set it aside to cool.
2. To cook the **sweet potatoes**: Peel and dice into 1/4 inch cubes. In a large skillet, warm **2 TB olive oil** over medium heat. Add the **cubed sweet potatoes** and toss to coat, then add the **cumin, paprika and 1/4 tsp salt**. Stir to combine then add **1/4 cup water**, cover and reduce heat to low. Cook, stirring occasionally, until the sweet potato is tender and cooked through, about 10 minutes. Uncover the pan, raise the heat back to medium and cook until the excess moisture has evaporated and the sweet potatoes are caramelizing on the edges, about 3 to 5 minutes (add another little splash of **olive oil** if the potatoes start sticking to the pan). Set aside to cool.
3. To prepare the **kale**: Wash and dry the kale. Remove the ribs and tear leave into small pieces placing into a large mixing bowl. Sprinkle the chopped **kale** with **1/4 tsp salt** and use your hands to “massage” it, which improves the flavor. Grab handfuls of kale in your hands and scrunch it up in your palms. Repeat until the kale is darker green in color and more fragrant. Whisk together **2 TB olive oil, juice of 1 lime and 1/4 tsp black pepper**. Drizzle over the **kale** and toss to coat.
4. To make the **Avocado Sauce**: Cut **jalapeno** in half, using a knife remove the seeds and white ribs. Slice into thin strips and dice— **immediately wash your hands and do not touch your eyes**. Combine **avocados, 2 limes juiced, 2 TB olive oil, diced jalapeno, chopped cilantro and coriander** in a food processor, blender or use a potato masher. Blend well.
5. Drain and rinse the **black beans**, set aside.
6. Once the **quinoa** has cooled down a bit, add it into the bowl of **kale** and toss to combine. Divide the **kale and quinoa mixture** into four large salad bowls. Top with **sweet potatoes, black beans, avocado sauce**, and a sprinkle of **feta and pepitas**.

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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Thai Noodle Bowls with Peanut Butter Tofu

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

622 calories

34 total grams fat

838 mg sodium



INGREDIENTS: ** Items not included in kit

TOFU and TOFU SAUCE

- 1 package firm tofu
- 6 TB cornstarch
- 4 TB vegetable oil **
- 4 TB creamy peanut butter
- 2 TB low sodium soy sauce (**measure out**)
- 2 TB lime juice, from 1 lime
- 4 TB maple syrup (**measure out**)
- 1/2 tsp red pepper flakes
- 2 TB sesame oil (**measure out**)

DRESSING

- 1 garlic clove, minced
- 1/2 tsp red pepper flakes
- 2 TB maple syrup (**measure out**)
- 4 tsp soy sauce (**measure out**)
- 2 TB lime juice, from 1 lime
- 4 TB rice vinegar
- 2 TB sesame oil (**measure out**)

NOODLES AND VEGETABLES

- 10 oz very thin rice noodles
- 2 cups shredded carrots
- 1 cucumber sliced on a bias, then halved and seeds removed
- 1/2 bunch thinly sliced green onions
- 1/2 cup fresh basil torn

DIRECTIONS:

1. Wrap **tofu** in a clean towel and set something heavy on top to press out excess moisture for 10 minutes. Set aside.
2. Prepare the **Tofu Sauce**: in a medium mixing bowl whisk together **4 TB peanut butter, 2 TB soy sauce, 2 TB lime juice, 4 TB maple syrup, 1/2 tsp red pepper flakes** and **2 TB sesame oil**. Set aside.
3. Wash and prep **cucumber** (slice in half, remove seeds, slice on bias) and **green onions** (thinly slice).
4. Prepare **Dressing**: Mince **garlic cloves** and **add all dressing ingredients listed above** to a small mixing bowl. Whisk to combine.
5. Heat a large non stick skillet over medium heat. Cut **pressed tofu** into small rectangles. Toss in **cornstarch** (they should be well coated) and sauté in **4 TB vegetable oil**, flipping once browned to ensure even browning, about 5 minutes total.
6. Add the **Tofu Sauce** to the pan and stir gently to combine. Cook for another 3-4 minutes, stirring gently to ensure even cooking on all sides. Remove from heat and set aside.
7. While the tofu cooks, place the **rice noodles** in a pot of boiling water and cook 3-5 minutes, stirring occasionally. Drain and rinse noodles with cold water, drain thoroughly, and set aside.
8. To assemble, divide **noodles, vegetables** and **tofu** among serving bowls. Drizzle desired amount of **dressing** over noodle bowls. Garnish with torn **basil**.

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