



Vegetable Kabobs with Yellow Rice

Prep Time: 45 min
Cook Time : 20 min
Serves: 4

NUTRITION FACTS, PER SERVING:

595 Calories
31.87 total grams of fat
725 mg of sodium



INGREDIENTS: ** Items not included in kit

Kabobs

- 2 cups button mushrooms
- 1 cup cherry tomatoes
- 1 red bell pepper, cut into chunks
- 1 red onion, cut into chunks
- 1 zucchini, cut into chunks
- 1 yellow squash, cut into chunks
- 10 Bamboo skewers

Yellow Rice

- 2 tsp vegetable oil**
- 2 Tbsp shallot, finely diced
- 1 1/2 cups Basmati rice
- 2 1/4 cups vegetable stock
- 1/4 tsp salt**
- 1/2 tsp turmeric

Marinade

- 1/2 cup olive oil**
- 1 tsp fresh grated ginger
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1/4 tsp salt**
- 1/4 tsp pepper**
- 1 Tbsp honey

DIRECTIONS:

1. Rinse and pat dry **mushrooms** and **cherry tomatoes** before use. Rinse and cut the **red bell pepper, zucchini and yellow squash** into large chunks. Set aside. Place all vegetable inside a large Ziploc bag.
2. In a small bowl, whisk together the ingredients for the marinade and pour over vegetables inside a Ziploc bag. Let it marinate for about 30 minutes
3. While the vegetables are marinating, **soak skewers** in water for about 15 minutes.
4. Preheat oven to 400 degrees.
5. Thread **mushrooms, tomatoes, bell peppers, onions, zucchini and yellow squash onto skewers**. Place skewers on a baking sheet and brush them with the reserved **marinade**. Cook the **rice** while prepping the vegetables.
6. Place in the heated oven the **kabobs** and roast until tender, about 15 minutes. Remove from oven and brush again with remaining marinade. Serve over yellow rice.

Directions for Rice:

1. Peel and dice **shallots**. Heat **oil** in a heavy sauce pan over medium high heat. Add **shallots and garlic**, sauté until just beginning to brown, about 2 mins. Add **rice, vegetable stock, salt, and turmeric**. Bring **rice** to boil, reduce heat to medium low, cover and simmer for about 18 minutes until rice is tender and liquid is absorbed.

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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Curried Couscous with Broccoli and Feta

Prep Time: 10 min

Cook Time : 15 min

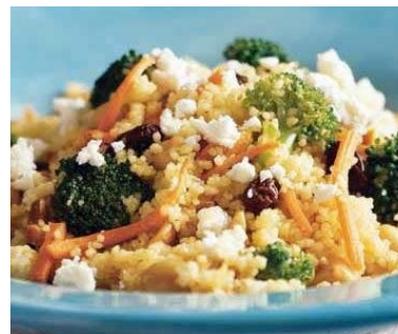
Serves: 4

NUTRITION FACTS, PER SERVING:

402 Calories

12.2 total grams of fat

677 mg of sodium



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

- Roasted garlic and olive oil couscous
- 1 1/2 cups small broccoli florets
- 1/2 cup finely chopped red onion
- 1/3 cup shredded carrot
- 1/4 cup raisins
- 1/4 cup dry-roasted cashews, chopped (**you were given raw cashews, need to pan roast them before using**)
- 2 tablespoons white wine vinegar
- 1 1/2 tablespoons olive oil**
- 1 tablespoon sugar**
- 1 1/2 teaspoons curry powder
- 1 teaspoon minced fresh ginger
- 1/8 teaspoon Salt & Pepper**
- 1 can chickpeas (garbanzo beans), drained and rinsed
- 3/4 cup (3 ounces) crumbled feta cheese

DIRECTIONS:

1. Make **Couscous** according to package instructions.
2. **To pan roast the cashews:** Heat a frying pan on the stove top. When the pan is hot, add a single layer of **nuts**. Stir frequently with a spatula until the nuts turn golden brown and fragrant, about 3 minutes. Remove them from the heat and if necessary from the pan, as they will continue to cook after being removed from the heat. Once they cool off, chop the cashews.
3. While couscous stands, steam **broccoli florets**, covered, for 3 minutes or until tender. Drain and set aside.
4. Combine **couscous, broccoli, onion, and next 10 ingredients (onion through chickpeas)**, tossing gently. Sprinkle with **feta cheese**.

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