



Sesame Noodles

Prep Time: 15 min
Cook Time : 15 min
Serves: 4

NUTRITION FACTS, PER SERVING:

547 calories
25.56 total grams of fat
1057 mg of sodium



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

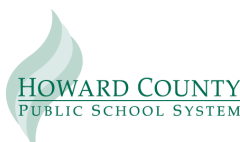
- Salt & Pepper**
- 1/2 pound soba, or whole-wheat linguine or whole wheat spaghetti
- 1/4 cup honey
- 1/4 cup low sodium soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons sesame oil (**need to measure 2 tsp out from what you were given**)
- One 2-inch piece fresh ginger, peeled and grated
- 1 large clove garlic, grated or finely chopped
- 1/3 cup olive oil or vegetable oil**
- 1 cup frozen shelled edamame, thawed
- 2 large carrots, shredded
- 1 small bunch scallions, very thinly sliced on an angle
- 3 tablespoons mixed black sesame seeds and toasted white sesame seeds

DIRECTIONS:

1. Bring a pot of **water** to a boil and add **1/2 tsp salt**. You were given a full box of pasta, measure to 1/2 lb. Add the **whole grain spaghetti noodles** and cook until al dente. Drain.
2. Meanwhile, combine the **honey, soy sauce, vinegar, sesame oil, grated ginger and minced garlic, and pepper to taste** in a large bowl. Whisk in the **olive oil**. Add the **edamame, carrots, scallions and noodles** to the bowl and toss to combine. Garnish with the **sesame seeds**.

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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Hummus Quesadillas with Tomato Caprese Salad

Prep Time: 30 min
Cook Time : 20 min
Serves: 4

NUTRITION FACTS, PER SERVING:

558 Calories
35.3 total grams of fat
870 mg of sodium



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

- 8 (8") whole grain tortillas
- 17 oz hummus
- 8 oz spinach
- 1/2 cup sundried tomatoes
- 1/2 cup Kalamata olives
- Olive oil**
- Hot sauce for serving
- 2 lbs tomatoes
- 8 oz ball of fresh mozzarella cheese
- Fresh basil leaves (handful)
- Salt and pepper**

DIRECTIONS:

1. Wash and dry all fresh produce. **Make the caprese salad first and let it sit while you make the quesadillas.**
2. **Caprese Salad:** with a serrated knife cut the **tomatoes** into 1/4" thick slices. Arrange them on a large serving platter, overlapping their edges. Cut the **mozzarella** into 1/4" to 1/2" slices. Tuck the cheese around and underneath the tomatoes, across the platter. Sprinkle **basil leaves** all over and tuck a few around the tomatoes. Drizzle with **olive oil** and sprinkle with **salt** and **pepper**. For the best flavor, let the salad rest for about 30 minutes if you have the time.
3. On a nonstick skillet heat **1 Tbsp olive oil**. Add the **spinach** and sauté until it wilts and all moisture has evaporated. Season with a pinch of salt and pepper. Set aside.
4. Thinly slice the **sundried tomatoes** and the **Kalamata olives**.
5. Spread **hummus** generously over your **tortilla**. Lightly cover one half of the tortilla with **spinach, sundried tomatoes** and **Kalamata olives**. Fold the blank half over to create a half-moon shape. Repeat with the rest of the quesadillas.
6. Warm a medium nonstick skillet over medium heat. Place the folded quesadillas in the pan (you can do up to 2 quesadillas at a time). Let the bottom sides warm up for a minute or two; then carefully flip. Brush the warm sides lightly with olive oil and let them cook in the pan for another minute or two. Carefully flip once again, brush the new top side lightly with olive oil and cook until the bottom is lightly golden and crisp. Carefully flip and cook until both sides are lightly golden.

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