



## Orzo and Chickpea Salad

Prep Time: 20 min  
Cook Time : 20 min  
Serves: 6

### NUTRITION FACTS, PER SERVING:

467 calories  
37.51 total grams of fat  
430 mg of sodium



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

- 4 cups vegetable broth
- 1 1/2 cups orzo
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 1 1/2 cups tomatoes, seeded and diced
- 3/4 cup finely chopped red onion
- 1/2 cup chopped fresh basil leaves
- 1/4 cup chopped fresh mint leaves
- About 3/4 cup Red Wine Vinaigrette, recipe listed below
- Salt and freshly ground black pepper\*\*

#### Red Wine Vinaigrette:

- 1/2 cup red wine vinegar
- 1/4 cup fresh lemon juice
- 2 teaspoons honey
- 1 teaspoons salt\*\*
- 3/4 teaspoon freshly ground black pepper\*\*
- 1 cup extra-virgin olive oil\*\*

### DIRECTIONS:

1. Pour the **broth** into a heavy large saucepan. Cover the pan and bring the broth to a boil over high heat. Stir in the **orzo**. Reduce heat, cover partially and cook until the orzo is tender but still firm to the bite, stirring frequently, about 7 minutes. Drain the orzo through a strainer. Transfer the orzo to a large wide bowl and toss until the orzo cools slightly. Set aside to cool completely.
2. Toss the **orzo** with the **garbanzo beans, tomatoes, onion, basil, mint, and enough vinaigrette to coat**. Season the salad, to taste, with **salt** and **pepper**, and serve at room temperature.

#### Red Wine Vinaigrette:

1. Mix the **vinegar, lemon juice, honey, salt, and pepper** in a blender. With the machine running, gradually blend in the **oil**. If you do not have a blender, use a whisk and whisk vinaigrette by hand or place all ingredients in a jar sealed tightly with a lid and shake until combined.

*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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## Impossible Zucchini Quiche

Prep Time: 10 min  
Cook Time : 40 min  
Serves: 6

### NUTRITION FACTS, PER SERVING:

272 Calories  
20.1 total grams of fat  
515 mg of sodium



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

- 3 cups diced zucchini
- 1 onion, diced
- 4 eggs, beaten
- 1 cup Bisquick
- 1/3 cup vegetable oil
- 1/2 tsp garlic powder
- 1 tsp parsley
- 1/2 cup parmesan cheese
- 1/4 tsp salt\*\*
- 1/8 tsp black pepper\*\*

### DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Beat the **eggs**.
3. **Mix all ingredients together** in a large bowl with a wooden spoon.
4. Using a nonstick spray, grease a 10" Pyrex pie plate or a 9X9 " casserole dish. Pour the **mixture** into the prepared dish.
5. Bake for 30 to 40 minutes or until a knife inserted in the middle of the quiche comes out clean. Check after 30 minutes and if not done, add 5 minutes at a time until cooked through and golden brown.
6. Let it rest for 5 minutes before slicing.

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