



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
930 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 red and yellow teardrop tomatoes or grape tomatoes, halved
- 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 follows
- Salt and freshly ground black pepper**

Red Wine Vinaigrette:

- 1/2 cup red wine vinegar
- 1/4 cup fresh lemon juice
- 2 teaspoons honey
- 2 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**. 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 **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**. Season the vinaigrette, to taste, with more **salt** and **pepper**, if desired. If you do not have a blender, use a whisk and whisk vinaigrette by hand.

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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Zucchini Cakes with Edamame Salad

Prep Time: 10 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:

609 Calories
37.37 total grams of fat
915 mg of sodium



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

- 2 small zucchini, grated (2 cups)
- 1 small onion, chopped (1/2 cup)
- 2 garlic cloves, minced
- 1 tsp of basil
- 2 eggs (lightly beaten)**
- 1 cup of panko bread crumbs or bread crumbs
- 1/4 cup of grated parmesan cheese
- 1/4 cup shredded mozzarella cheese
- Salt and pepper to taste**
- Spray coconut oil or other spray oil**

Edamame Salad

- 2 cups frozen Edamame
- 2 Tbs. olive oil**
- Zest of one lemon
- Juice of half of the lemon
- Salt to taste**
- Black Pepper to taste**
- Shaved Parmesan Cheese
- 1/4 cup Fresh mint, roughly chopped

DIRECTIONS:

1. Preheat oven to 425 degrees
2. Grate **zucchini** and squeeze well to remove all water. Use a paper towel and pat at the end to remove any last excess liquid.
3. Combine **remaining ingredients** through **salt** and **pepper**.
4. Spray a baking sheet with **oil**.
5. Form mixture into equal sized patties
6. Bake for 15 minutes
7. Turn and bake for an additional 15 minutes until crispy, golden brown.
8. Part boil **edamame** and drain.
9. In a bowl, whisk together **olive oil, lemon zest, lemon juice, salt and pepper**.
10. Add **edamame** to bowl and mix. To serve, add **shaved parmesan cheese** and roughly **chopped mint**.

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