



Huevos Rancheros

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

NUTRITION FACTS, PER SERVING:

333 Calories
13.2 total grams of fat
1050 mg of sodium



INGREDIENTS: ** Items not included in kit

Pico de Gallo

2 medium tomatoes, chopped
1/4 cup finely diced white onion
1/4 cup chopped fresh cilantro, plus extra for garnish
2 Tbsp lime juice (1 medium lime)
1/4 tsp salt**

Other Ingredients

1 1/2 cups salsa verde
4 tsp olive oil**
4 eggs
4 corn tortillas
1/2 cup shredded Monterey Jack Cheese
Avocado slices
Salt and Pepper**

Refried Beans

2 tsp olive oil**
1/4 cup finely chopped white onion
1/8 tsp salt**
1 tsp ground cumin
1 can black beans or pinto beans, rinsed and drained
1/4 cup water**
Ground black pepper to taste**
1/2 tsp lime juice

DIRECTIONS:

1. **Pico de Gallo:** In a medium bowl, combine the **chopped tomatoes, diced white onion, chopped cilantro, lime juice** and **salt**. Stir to combine and set aside.
2. **Refried Beans:** In a medium saucepan over medium heat, warm the **olive oil** until shimmering. Add the **onions** and **salt**. Cook stirring occasionally, until the onions have softened, about 5 to 8 minutes. Add the **cumin**. Cook stirring constantly for about 30 seconds. Pour in the **drained beans** and **water**. Stir, cover and cook for 5 minutes. Reduce the heat to low and remove the lid. Using a potato masher, mash up about half of the beans. Continue to cook stirring for about 3 more minutes. Remove the saucepan from the heat and stir in the **lime juice**. If the beans seem dry, add a very small splash of water and stir. Cover until ready to use.
3. Meanwhile, pour the **salsa verde** into a medium saucepan and bring to a simmer, stirring occasionally. Reduce heat to low and keep warm until ready to serve.
4. In a small skillet over medium heat, warm each **tortilla** individually, flipping as necessary, keep tortillas warm wrapped in a clean towel. Spread the **refried beans** over each tortilla and place each tortilla on an individual plate. Set aside.
5. In a nonstick skillet over medium heat, pour **1 tsp olive** oil and wait until shimmering. Carefully crack an **egg** and pour it into the skillet without breaking the yolk. Fry the egg lifting and tilting the pan occasionally to redistribute the oil and cook until the whites are set and yolk is cooked to your preferred level of doneness. Place the egg on top of a prepared tortilla and repeat with the remaining eggs.
6. Spoon about **1/4 of the warm salsa verde** across each dish, avoiding the egg yolk. Use a slotted spoon to do the same with the **pico de gallo**, leaving the tomato juices behind. Sprinkle with **black pepper** and top with **Monterey Jack cheese, additional chopped cilantro** and **avocado slices**.

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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Teriyaki Tofu Rice Bowls

Prep Time: 20 min
Cook Time : 40 min
Serves: 4

NUTRITION FACTS, PER SERVING:

703 Calories
24.33 total grams of fat
807 mg of sodium



INGREDIENTS: ** Items not included in kit

Teriyaki Sauce

- 2 Tbsp. mirin
- 1/4 cup low sodium soy sauce
- 1/2 cup water**
- 1 1/2 tsp minced garlic
- 1 1/2 tsp grated fresh ginger
- 1 Tbsp. cornstarch dissolved in 1 1/2 tbsp. water (measure 1 tbsp out from the cornstarch packet and set aside)
- 4 Tbsp. honey
- 1 pkg. extra firm tofu, drained and cubed
- 4 Tbsp. cornstarch
- 3-4 Tbsp canola oil or vegetable oil**

Sushi Rice

- 1 1/2 cups brown rice
- 3 Tbsp. rice vinegar
- 1/2 Tbsp. sugar** and 1/4 tsp salt**

Toppings

- 1 medium avocado, pitted, peeled and cubed
- 2 medium carrots (1 cup) cut into matchsticks
- diced green onions (1/4 cup)
- 1 small cucumber, cut into matchsticks
- chopped cilantro (1/4 cup)
- sesame seeds (1 TB)
- 1/4 cashews (**must be roasted first, then chopped**)

DIRECTIONS:

1. Wrap **tofu** in a clean towel and set something heavy on top to press out excess moisture for 10 minutes. Set aside. Once it is dried, cube the tofu..
2. Meanwhile, make the sushi rice. Bring **rice** and 3 cups water to a boil in saucepan. Cover, reduce heat to medium low and simmer for 30 minutes, or until water is absorbed. Remove from heat.
3. Heat 3-4 tbsp. **canola/vegetable oil** in a large non stick skillet over medium high heat. Toss the cubed **tofu** in **4 TB cornstarch**, they should be well coated. Sauté tofu in oil flipping once browned on the underside to ensure even browning, about 3 minutes per side. Repeat if necessary until all cubes are done. Set aside.
4. To make the **Teriyaki Sauce**: In a small pot whisk together **soy sauce, water, mirin, ginger, garlic, and cornstarch dissolved in water** until smooth. Heat until warm and then add the **honey**, and stir until dissolved. Bring to a gentle boil and reduce heat to simmer whisking constantly until sauce thickens. If too thick, you can add a little water to thin out. Once the sauce is done; add the **tofu** cubes and toss gently to cover.
5. Transfer **rice** to a large bowl. Stir in **rice vinegar, sugar and salt**.
6. To pan roast the **cashews**: Heat a frying pan on medium heat, when pan is hot add a single layer of **nuts**. Stir frequently with a spatula until they turn golden brown and fragrant, 2-3 minutes. Remove from the heat and if necessary from the pan as they will continue to cook. Once they cool off, chop the cashews into pieces.
7. To serve: divide **sushi rice** among 4 large soup bowls. Top with **Tofu teriyaki, cubed avocado, carrots, cucumbers, roasted cashews, sesame seeds, chopped cilantro, and chopped green onions**. Serve with a wedge of **lime**.

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