



Onion Quiche and Carrot Salad

Prep Time: 15 min
Cook Time : 50 min
Serves: 8

NUTRITION FACTS, PER SERVING:

626 Calories
42 total grams of fat
778 mg of sodium



INGREDIENTS: ** Items not included in kit

- 2- 9 inch pie crusts
- 1 stick of unsalted butter
- 3 eggs beaten **TLV Farm, Glenelg MD**
- 1 cup light sour cream
- 1/2 tsp salt**
- 1 tsp pepper**
- 1 tbsp. hot sauce (4 packets)
- 2lbs (4 large Vidalia onions) thinly sliced
- 1 cup Parmesan cheese, divided into 1/4 and 3/4 cup
- Olive oil**
- Salt and Pepper to taste**
- 6 large carrots
- 1/4 cup fresh lemon juice
- 2 garlic cloves, minced
- 2 tsp ground cumin
- 1/2tsp cayenne pepper
- 1 tsp salt, plus more for water
- 1/4 cup olive oil
- 1/4 cup finely chopped flat-leaf parsley

DIRECTIONS:

1. Preheat oven to 350 degrees
2. Bake **pie shells** for 8 minutes.
3. In a large skillet, cook **onions** in **butter** until translucent about 10 minutes stirring often. **Set aside and let them cool off** to prevent the eggs from cooking when you mix all ingredients together.
4. Add the **beaten eggs, 1 cup sour cream, 1/2 tsp salt, 1 tsp pepper, 1 TB hot sauce** to the cooked onions. Add **1/4 cup parmesan cheese, and beaten eggs** last so they don't start to cook. Mix well. Divide mixture among the two pie shells. Top generously with the remaining **3/4 cup parmesan cheese**.
5. Bake in shells for 20-30 minutes or until slightly browned.
6. While the pies are baking, peel **carrots** and bring a large pot of water to a boil. Add the peeled **carrots** or cut in half if they don't fit and cook until just cooked through, about 8-10 minutes. Drain and cut **carrots** into 1/2 inch thick slices
7. Whisk together the **lemon juice, garlic, cumin, cayenne, and salt** in a large bowl. Slowly drizzle in the **olive oil** until emulsified and stir in the **parsley**. Add the cooked **carrots** and toss to combine. Serve cold or at room temperature.

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 **Blue Star Farm, Chestertown MD**
- 1 1/2 tsp grated fresh ginger
- 1 Tbsp. cornstarch dissolved in 1 1/2 tbsp. water
- 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
- 1 small cucumber, cut into matchsticks
- 1/4 cup chopped cashews
- Chopped green onions (1/4 cup)
- Chopped fresh cilantro (1/4 cup)
- Sesame seeds (1 tbsp.)

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 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 serve: divide **sushi rice** among 4 large soup bowls. Top with **Tofu teriyaki, cubed avocado, carrots, cucumbers, cashews, sesame seeds, chopped cilantro**, and **chopped green onions**. Serve with a wedge of **lime**.

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