



Tomato Couscous with Olives and Green Beans

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

NUTRITION FACTS, PER SERVING:

343 calories
6.52 total grams of fat
604 mg of sodium



INGREDIENTS: ** Items not included in kit

- ¼ c. sun-dried tomatoes (not oil-packed)
- 12 oz. green beans
- 1 c. Israeli (pearl) couscous (print labels with cooking instructions to put on bag)
- 1 pt. grape tomatoes
- ½ c. pitted Kalamata olives
- ½ c. packed fresh flat-leaf parsley leaves
- 1 lemon
- 2 tbsp. Champagne vinegar
- 1 tbsp. extra virgin olive oil**
- 1 tsp. sugar**
- Salt**
- Pepper**
- 1 can low-salt pinto beans

DIRECTIONS:

1. In small bowl, cover **sun-dried tomatoes** with **hot water**. Let stand.
2. Heat large covered saucepot of **water** to boiling on high. Fill large bowl with ice and water and set aside. Add **green beans** to **boiling water**. Cook 4 to 5 minutes or until crisp-tender; drain **green beans** and transfer to **ice water**. When cool, drain well. Cut into 1-inch pieces.
3. Cook **couscous** as label directs. Drain, rinse with cold water, and drain again.
4. Meanwhile, cut **grape tomatoes** in half and **chop olives and parsley**.
5. Into large bowl, grate **1 teaspoon of the lemon peel**; cut lemon and squeeze **2 tablespoons juice**. Stir in **vinegar, oil, sugar, and 1/4 teaspoon each salt and freshly ground black pepper**. Drain **sun-dried tomatoes** well and cut into small strips, stir into mixture. Add **beans, couscous, grape tomatoes, olives, parsley, and 1/4 teaspoon each salt and freshly ground black pepper**. Stir until well mixed.

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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Summer Squash and Corn Tacos

Prep Time: 10 min
Cook Time : 25 min
Serves: 4

NUTRITION FACTS, PER SERVING:

341 Calories
11.63 total grams of fat
670mg of sodium



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

- 1 Tbsp. olive oil**
- 1 yellow onion sliced
- 1-2 garlic cloves, minced
- 1 jalapeno pepper, minced
- 2 medium size yellow squash, diced
- 2 medium zucchini squash, diced
- 1 cup corn (kernels from 2 ears of corn)
- 1/4 cup cilantro, chopped
- 12 corn tortillas
- 1 cup salsa verde
- 3 oz. crumbled feta cheese

DIRECTIONS:

1. Heat the **oil** over medium heat in a large non stick skillet and add **onion, zucchini** and **squash**. Cook stirring, until tender, about 5 minutes, and add the **garlic** and **minced jalapeno**. Cook stirring, until the garlic is fragrant, 30 seconds to a minute. Add the **corn kernels, salt** and **pepper** to taste. Cook, stirring, until the corn is tender, about 5 minutes. Stir in the **cilantro**, taste, and adjust seasoning if needed. Remove from heat.
2. Warm **corn tortillas**: Wrap the tortillas in a clean dish towel and place in a steamer above 1 inch of water. Bring the water to a boil, cover tightly, and steam for 1 minute. Turn off the heat and allow to sit for 10-12 minutes.
3. To serve: Spoon warm **corn** and **squash mixture** unto the **hot tortillas**, top with a generous spoonful of **salsa**, a **sprinkling of cheese**. Fold up the tortilla and serve.

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