



Peach-Cucumber Barley Salad

Prep Time: 15 min
Cook Time : 50 min
Serves: 4

NUTRITION FACTS, PER SERVING:

360 Calories
6.25 total grams of fat
555 mg of sodium



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

- 1 c. pearl barley
- 1¾ c. vegetable broth
- 1¼ c. water**
- 1 cucumber (seeds removed)
- 2 ripe peaches
- 1 pt. cherry tomatoes
- ½ c. packed fresh basil leaves
- 2 tbsp. cider vinegar
- 1 tbsp. vegetable oil**
- 1/4 tsp salt**
- 1/4 tsp black pepper**
- 1 can chickpeas (garbanzo beans), drained and rinsed
- 1 head of lettuce (rinse and pat dry the leaves)

DIRECTIONS:

1. Place **barley** in 4-quart saucepan. Cook on medium heat for 5 minutes or until toasted, stirring constantly. Stir in **broth** and **water**. Heat to boiling on high. Cover, reduce heat to low, and simmer 35 minutes or until tender. Drain if necessary, and cool slightly.
2. Meanwhile, scoop out and discard soft center from **cucumber**, then cut into 1/4-inch pieces. **Pit and chop peaches**. Cut **tomatoes** in quarters. Very finely chop **basil**.
3. In large bowl, whisk **vinegar, oil, and 1/4 teaspoon salt** and **pepper**. Add **barley** and toss until well coated. Cool until no longer hot, then add **cucumber, peaches, tomatoes, and chickpeas**, tossing until well combined. Serve over **lettuce leaves**.

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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Fresh Basil Fettuccine with Tomatoes and Corn

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

NUTRITION FACTS, PER SERVING:

329 Calories
14.3 total grams of fat
304 mg of sodium



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

- 1 package of fresh fettuccine pasta
- 3 ears of corn
- 4 scallions
- 4 garlic cloves, minced
- ½ cup of grated parmesan cheese
- ½ tsp red pepper flakes
- 4 Tbsp plain yogurt
- 2 Tbsp butter**
- 8 oz grape or cherry tomatoes
- 2 tsp olive oil**
- Fresh Basil torn into small pieces

DIRECTIONS:

1. Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Remove and discard the husks and silks of the **corn**. Cut the **kernel**s off the cobs; discard the cobs. Peel the **garlic**, then roughly chop. Depending on their size, quarter or halve the **tomatoes** into bite-sized pieces; place in a bowl and season with **salt** and **pepper**. Cut off and discard the root ends of the **scallions**; thinly slice, separating the white bottoms and green tops.
2. In a medium nonstick pan, heat 2 teaspoons of **olive oil** on medium-high until hot. Add the **corn** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Add the **chopped garlic, seasoned tomatoes, sliced white bottoms of the scallions, and as much of the red pepper flakes as you like**, depending on how spicy you like the dish to be. Season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the tomatoes begin to break down. Turn off the heat.
3. While the vegetables cook, using your hands, carefully separate the strands of the **pasta** and add to the pot of boiling water. Cook, stirring occasionally, 3 to 4 minutes, or until al dente (still slightly firm to the bite). Turn off the heat. Reserving **1/4 cup of the pasta cooking water**, drain thoroughly and return to the pot
4. To the pot of **cooked pasta**, add the **cooked vegetables, plain yogurt, butter, and half the reserved pasta cooking water**. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until coated. If the pasta seems dry, gradually add the remaining cooking water to achieve your desired consistency. Season with salt and pepper to taste. Serve the **finished pasta** garnished with the **grated cheese and sliced green tops of the scallions and torn basil**.

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