



Tofu Fried Rice

Prep Time: 15 min
Cook Time : 25 min
Serves: 4

NUTRITION FACTS, PER SERVING:
376 Calories
11 total grams of fat
629 mg of sodium



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

- 1 1/2 cups basmati rice
- 2 tablespoons vegetable oil, divided
- 1 (14-ounce) package firm tofu, drained and cut into (1/2-inch) cubes
- 2 large eggs, lightly beaten**
- 1 cup (1/2-inch-thick) slices green onions
- 1 cup frozen peas and carrots, thawed
- 4 garlic cloves, minced
- 1 teaspoon minced peeled fresh ginger
- 2 tablespoons mirin
- 3 tablespoons low-sodium soy sauce
- 1 tablespoon hoisin sauce
- 1/2 teaspoon dark sesame oil
- Thinly sliced green onions (optional)

DIRECTIONS:

1. Cook **rice** according to directions, omitting salt and fat. Set aside and let it cool off.
2. Wrap **tofu** in a clean towel and set something heavy on top to press out excess moisture for 10 minutes. Set aside
3. While **rice cools**, heat **1 tablespoon vegetable oil** in a large nonstick skillet over medium-high heat. Cube **tofu** and add to skillet; cook 4 minutes or until lightly browned, stirring occasionally. Remove from pan. Add **eggs** to pan; cook 1 minute or until done, breaking egg into small pieces. Remove from pan. Add **1 tablespoon vegetable oil** to pan. Add **1 cup onions, peas and carrots, garlic, and ginger**; sauté 2 minutes.
4. While vegetable mixture cooks, combine **mirin, soy sauce, hoisin sauce, and sesame oil**. Add **3 cups cooked and cooled rice** to pan with the vegetables; cook 2 minutes, stirring constantly. Add **tofu, egg, and soy sauce mixture**; cook 30 seconds, stirring constantly. Garnish with **sliced green onions**, if desired.

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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Pumpkin Chipotle Veggie Burgers

Prep Time: 15 min.

Cook Time : 45 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

370 calories

16g total fat

1020 mg of sodium



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

- 1 can pinto beans, drained
- 1 egg, slightly beaten**
- 1 cup butternut squash, roasted and casually mashed
- 1 Tbsp. chopped chipotles (reserve the sauce to make the mayonnaise)
- 2 garlic cloves, minced
- 1/2 cup chopped onion
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1 tsp dried oregano
- 1 1/2 cups rolled oats
- 3 Tbsp. vegetable oil**
- 1 avocado
- 4 whole wheat buns
- Lettuce leaves**

Chipotle Mayonnaise

- 1/3 cup mayonnaise**
- 1 tsp lemon juice
- 1 tsp adobo sauce from the chipotle peppers
- 1/4 tsp paprika
- Pinch of cayenne
- Pinch of salt and pinch of pepper

DIRECTIONS:

1. Place **butternut squash** on a cookie sheet and drizzle with **olive oil** and season with a pinch of **salt and pepper**. Roast at 375 degrees for 20 minutes. Let it come to room temperature and mash lightly with a fork.
2. In a large bowl, lightly mash with a fork the drained **pinto beans** but don't over do it. Add the slightly beaten **egg**, the **mashed butternut squash**, **1 TB chopped chipotle pepper**, **2 garlic cloves minced**, **1/2 cup diced onion**, **1/2 tsp cumin**, **1/2 tsp paprika**, **1 tsp oregano** and **1 1/2 cups rolled oats** and combine well. Let it stand for 10-15 minutes.
3. Make the **chipotle mayonnaise** while the mixture rests, by mixing all ingredients in a small bowl. Set aside.
4. Form the veggie burger patties about the same size of the buns.
5. In a large nonstick skillet, heat the oil over medium heat. Sear the **veggie patties** about 5 minutes on each side.
6. Split the **buns** and place in a 300 degree oven to lightly toast.
7. Place a veggie burger on one side of the bun, spread **chipotle mayonnaise** on other side, top burger with sliced **avocado** and **lettuce leaves****.

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How to Cook Rice on the Stove

Ingredients:

1 1/2 cups rice
3 cups water
1/2 teaspoon salt
1 tablespoon butter or oil (optional)

Equipment:

Small (2-quart or so) saucepan with a lid
Stirring spoon

DIRECTIONS:

Pre-cooking: It's good practice to rinse your rice in a strainer before cooking with the exception of Jasmine Rice. This isn't strictly necessary, but it will rinse off any dusty starch on the surface of the rice along with any leftover chaff or stray particles. (Some type of rice have more starchy coating than others.)

1. Measure the Rice and Water: For most rice, use a 1:2 ratio of one cup of rice to two cups of water. Measure a half cup of uncooked rice per person and scale this ratio up or down depending on how much you're making. Some rice varieties will need a little less or a little more water as it cooks, so check the package for specific instructions.

2. Boil the Water: Bring the water to boil in a small sauce pan. Rice expands as it cooks, so use a saucepan large enough to accommodate. A 2-quart saucepan for one to two cups of uncooked rice is a good size.

3. Add the Rice: When the water has come to a boil, stir in the rice, salt, and butter (if using), and bring it back to a gentle simmer.

4. Cover and Cook: Cover the pot and turn the heat down to low. Don't take off the lid while the rice is cooking — this lets the steam out and affects the cooking time.

Approximate cooking times:

- White Rice: 18 to 25 minutes
- Brown Rice: 30 to 40 minutes
- Wild Rice: 45 to 60 minutes

Start checking the rice around 18 minutes for white rice and 30 minutes for brown rice. When done, the rice will be firm but tender, and no longer crunchy. It is fine if it's slightly sticky but shouldn't be gummy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off.

5. Turn Off the Heat and Remove the Lid: When the rice is done, turn off the heat and take off the lid. Fluff the rice with a spoon or a fork, and let it sit for a few moments to "dry out" and lose that wet, just-steamed texture.

Rice keeps well in the fridge for several days, so you can make extra ahead to serve later.