



## Quinoa Bowl with Avocado, Squash and Feta Cheese

Prep Time: 20 min.

Cook Time : 30 min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

760 Calories

30 g total fat

750 mg of sodium



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

- 1 cup red/regular quinoa
- 2 cans of black beans low sodium
- 1/2 pint cherry tomatoes
- 1 avocado
- 1 Delicata Squash
- 2 garlic cloves
- 3 oz radishes
- 1 lime
- 4 oz feta cheese
- 4 Tbsp pepitas
- 1 Tbsp Spice blend (chili powder, smoked paprika, garlic powder, ground cumin, dried Mexican oregano)
- olive oil\*\*
- salt and pepper\*\*

### DIRECTIONS:

1. Place an oven rack in the center of the oven, then preheat to 450°F. Fill a medium pot with salted water; cover and heat to boiling on high. Wash and dry the fresh produce. Line a sheet pan with foil. Cut off and discard the ends of the **delicata squash**; halve lengthwise. Using a spoon, scoop out and discard the pulp and seeds, then thinly slice crosswise. Place on the prepared sheet pan. Drizzle with **olive oil** and season with **salt, pepper, and half the spice blend**. Toss to coat. Arrange in an even layer. Roast 19 to 21 minutes, or until tender when pierced with a fork. Remove from the oven.
2. While the squash roasts, add the **rinsed quinoa** to the pot of boiling water and cook, uncovered, 14 to 16 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot. Add the **feta cheese**. Drizzle with **olive oil** and season with **salt and pepper**; stir to combine. Cover to keep warm.
3. While the quinoa cooks, peel **2 cloves of garlic**, then roughly chop. Drain and rinse the **beans**. Quarter the **limes**. Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then thinly slice. Place in a bowl and top with **the juice of 2 lime wedges**. Season with salt and pepper.
4. To make the **salsa**, halve the **radishes** lengthwise, then thinly slice crosswise. Depending on their size, quarter or halve the **tomatoes** into bite-sized pieces. Combine in a large bowl with **the juice of the remaining lime wedges**. Drizzle with **olive oil** and season with **salt and pepper**. Set aside to marinate, stirring occasionally, at least 10 minutes.
5. In a pan, heat a drizzle of **olive oil** on medium-high until hot. Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until softened. Add the **beans, 1/3 cup of water**, and the **remaining spice blend**; season with **salt and pepper**. Cook, stirring occasionally and mashing the beans with the back of a spoon, 3 to 4 minutes, or until the liquid has cooked off. Turn off the heat.
6. Serve the **cooked quinoa** topped with the **roasted squash, cooked beans, seasoned avocado, and salsa** (including any liquid). Garnish with the **pepitas**.

**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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## Mushroom and Onion Quiche with Roasted Beets and Arugula Salad

Prep Time: 15 min.

Cook Time : 45 min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

370 calories

16 g total fat

875 mg of sodium



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

- 1 single crust pie shell (vegetarian crust)
- 1 Tbsp. unsalted butter\*\*
- 1/2 yellow onion, chopped
- 10 cremini mushrooms, diced
- 1/4 cup fresh parsley, chopped (wash first)
- 1/2 tsp salt\*\*
- 1/2 black pepper\*\*
- 1/4 tsp grated nutmeg
- 5 large eggs
- 1 cup light cream
- 1/2 cup shredded swiss cheese
- 1/2 cup shredded cheddar cheese

### DIRECTIONS:

1. Bring one pie crust to room temperature. Unroll crust and place in a 9" pie pan (glass recommended). Press crust firmly against sides and bottom. Preheat oven to 375 degrees F. Prick bottom and sides of the **crust** generously with a fork to prevent crust from rising. Bake until edge is dry and golden brown, about 10-12 minutes. Set crust aside and let it cool off before filling.
2. Meanwhile, in a large skillet, melt **butter** over medium high heat. Add **onion** and **mushrooms**, season **with 1/4 tsp salt and 1/8 tsp pepper**. Cook until cooked through and all water has completely evaporated, about 10-12 minutes. Set aside and let cool to room temperature.
3. In a medium bowl, whisk together **eggs** and **cream**. Season with the remaining **1/4 tsp salt, 1/8 tsp pepper and 1/4 tsp nutmeg**.
4. Spread 1 cup onion and mushroom filling into pie crust, layer with the combined **shredded swiss cheese, cheddar cheese and chopped parsley**. Pour **egg mixture** into crust. Place pie on a baking sheet and bake until center of quiche is set, about 30-35 minutes. Remove and let it rest for 5 minutes. Serve warm or at room temperature.

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## Roasted Beets and Arugula Salad

Prep Time: 10 min.

Cook Time : 45 min.

Serves: 4-6

### NUTRITION FACTS, PER SERVING:

592 Calories

57.64 g total fat

875 mg of sodium



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

#### Roasted Beets and Arugula Salad

- 2 large beets (about 3/4 lbs.), scrubbed, ends cut off and then cut lengthwise
- 3/4 cup olive oil\*\*
- 1/2 cup balsamic vinegar
- 1/2 cup water\*\*
- 1/2 tsp. salt \*\*
- 1/4 tsp. black pepper\*\*
- 5 oz fresh arugula - wash and dry before using
- 1/2 cup crumbled goat cheese
- 1/3 cup honey maple walnuts

#### Vinaigrette

- 1 tsp honey
- 1/2 tsp salt\*\*
- 1/4 tsp. black pepper\*\*
- 1 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil\*\*
- 1 tsp. fresh thyme

### DIRECTIONS:

1. Preheat oven to 375 degrees F.
2. Place halved **beets** flat side down in a roasting dish and cover with **olive oil, balsamic vinegar, water, salt and pepper**. Cover tightly with aluminum foil and roast until you can pierce through beets with a knife, about 30-35 minutes depending on the size.
3. Remove **beets** from oven, remove foil and let them cool. On a cutting board peel the skin off the beets and dice into cubes. Set aside.
4. Pour the **liquid** left on the bottom of the roasting dish into a bowl. When cool, add the **vinaigrette ingredients** and whisk until combined.
5. In a large bowl, combine the **arugula, walnuts, goat cheese, diced beets** and **toss with 1/2 the vinaigrette**. Add more vinaigrette as needed. Serve.

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