



Southwestern Kale Power Salad with Sweet Potatoes, Quinoa and Avocado Sauce

Prep Time: 20 min
Cook Time : 25 min
Serves: 4 large servings

NUTRITION FACTS, PER SERVING:

813 calories
38.6 total grams of fat
976 mg of sodium



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

- 1 bunch kale, ribs removed and chopped into very small, bite-sized pieces
- 2 tablespoons olive oil**
- 1 medium lime, juiced
- 1/2 teaspoon salt**
- 2 medium sweet potatoes (about 1 1/2 pounds), sliced into small, 1/4-inch cubes
- 2 tablespoons olive oil**
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoons salt**

Avocado Sauce

- 2 avocados, sliced into long strips
- 2 limes, juiced
- 2 tablespoons olive oil**
- 1 medium jalapeño, seeded, and roughly diced (**use gloves and don't touch eyes after handling pepper**)
- 1 handful cilantro leaves
- 1/2 teaspoon ground coriander, optional
- 1 (14-ounce) can black beans, rinsed and drained
- 1/3 cup crumbled feta, omit for vegan/dairy-free salad
- 1/4 cup pepitas (green pumpkin seeds)

DIRECTIONS:

1. To cook the **quinoa**: First, rinse the **quinoa** in a fine mesh colander under running water for a minute or two. In a medium-sized pot, combine the rinsed **quinoa** and **2 cups water**. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the **quinoa** from heat and let it rest, still covered, for 5 minutes. Uncover the pot, drain off any excess water and fluff the quinoa with a fork. Set it aside to cool.
2. To cook the **sweet potatoes**: In a large skillet, warm the **olive oil** over medium heat. Add the **cubed sweet potatoes** and toss to coat, then add the **cumin, smoked paprika and salt**. Stir to combine. Once the pan is sizzling, add a scant **1/4 cup water**, then cover the pan and reduce heat to low to avoid burning the contents. Cook, stirring occasionally, until the sweet potato is tender and cooked through, about 10 minutes. Uncover the pan, raise the heat back to medium and cook until the excess moisture has evaporated and the sweet potatoes are caramelizing on the edges, about 3 to 7 minutes (add another little splash of **olive oil** if the potatoes start sticking to the pan). Set aside to cool.
3. To prepare the **kale**: Transfer the kale to a large mixing bowl. Sprinkle the chopped **kale** with **salt** and use your hands to "massage" it, which improves the flavor. Just grab handfuls of kale in your hands and scrunch it up in your palms. Repeat until the kale is darker green in color and more fragrant. Whisk together **2 tablespoons olive oil, the juice of 1 lime and 1/2 teaspoon salt**. Drizzle over the **kale** and toss to coat.
4. To make the **avocado sauce**: Simply combine the ingredients as listed under sauce in a food processor, blender or use a potato masher. Blend well. Once the **quinoa** has cooled down a bit, pour it into the bowl of **kale** and toss to combine. Divide the **kale and quinoa mixture** into four large salad bowls. Top with **sweet potatoes, black beans, a big dollop of avocado sauce, and a sprinkle of feta and 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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Cheese Ravioli with Garlic, Mushrooms and Rosemary Sauce

Prep Time: 10 min
Cook Time : 15 min
Serves: 4

NUTRITION FACTS, PER SERVING:

417 calories
28.23 total grams of fat
609 mg of sodium



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

- 1 pound cheese raviolis (fresh)
- 4 tablespoons unsalted butter (divided)**
- 2 tablespoons olive oil**
- 2 cups cremini mushrooms
- 4 cloves garlic (thinly sliced)
- 1 large shallot (minced)
- 2 rosemary sprigs
- 1/3 cup Parmigiano Reggiano
- Salt for cooking the pasta**

DIRECTIONS:

- Heat a large pot of boiling water over high heat and season with **salt**.
- Heat a sauté pan over medium-high heat. Add **2 tablespoons of butter and the olive oil**. Once hot, add **rosemary sprigs** and **mushrooms**. Toss the mushrooms and season with a pinch of **salt** and **pepper** to taste.
- Then add the **garlic** and **shallot** to the pan and toss to coat. Cook 2-3 minutes, or until the garlic and shallots are cooked through.
- Meanwhile drop the **ravioli** in the boiling water and stir with a wooden spoon.
- Cook the ravioli one minute shorter than the packaged instructions.
- With a slotted spoon, spoon out the **raviolis** and add them to the sauté pan. Reserve the pasta water. Add about **1/3 cup of the pasta water** along with the remaining **2 tablespoons of butter**. Add the **Parmesan cheese** and toss the pasta until the sauce is creamy and emulsified. Discard **rosemary sprigs** and serve immediately.

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