



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 cup quinoa
- 1 bunch kale, wash first, remove ribs and chop into very small, bite-sized pieces
- 2 tablespoons olive oil**
- 1 medium lime, juiced
- 1/2 teaspoon salt**
- 1 large sweet potato (about 1 1/2 pounds), sliced into small, 1/4-inch cubes
- 2 tablespoons olive oil**
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 3/4 teaspoon 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 (rinse before use)
- 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 (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 1/4 teaspoon 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 washed and dried kale to a large mixing bowl. Sprinkle the chopped **kale** with **1/4 teaspoon 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 1/4 teaspoon salt**. Drizzle over the **kale** and toss to coat.
4. To make the **avocado sauce**, combine **avocados, 2 limes juiced, 2 tbsp olive oil, jalapeno, cilantro** and **coriander** 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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Thai Noodle Bowls with Peanut Butter Tofu

Prep Time: 15 min
Cook Time : 40 min
Serves: 4

NUTRITION FACTS, PER SERVING:

622 calories
34 total grams of fat
838 mg of sodium



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

PEANUT BUTTER TOFU SAUCE

- 1 (16 oz) package firm tofu
- 4 Tbsp vegetable oil **
- 4 Tbsp creamy peanut butter
- 2 Tbsp soy sauce (**measure out**)
- 2 Tbsp lime juice
- 4 Tbsp maple syrup (**measure out**)
- 1/2 tsp red pepper flakes
- 2 Tbsp sesame oil (**measure out**)
- 6 Tbsp cornstarch

DRESSING

- 1 Tbsp minced garlic
- 1/2 tsp red pepper flakes
- 2 Tbsp maple syrup (**measure out**)
- 4 tsp soy sauce (**measure out**)
- 2 Tbsp lime juice
- 4 Tbsp rice vinegar
- 2 Tbsp sesame oil (**measure out**)

NOODLES AND VEGETABLES

- 10 oz very thin rice noodles
- 2 cups shredded carrots
- 1 cucumber sliced on a bias, then halved and seeds removed
- 1 cup thinly sliced green onion

DIRECTIONS:

1. Wrap **tofu** in a clean towel and set something heavy on top to press out excess moisture for 10 minutes. Set aside.
2. Prepare the **tofu sauce**: in a medium mixing bowl whisk together **2 tbsp sesame oil, 4 Tbsp peanut butter, 2 Tbsp soy sauce, 2 Tbsp lime juice, 4 Tbsp maple syrup and 1/2 tsp red pepper flakes**. Set aside.
3. Prepare **rice noodles** according to package instructions, then rinse with cold water, drain thoroughly, and set aside.
4. Wash and prep **vegetables** and set aside.
5. Prepare dressing: Mince **garlic cloves** and **add all dressing ingredients listed above** to a small mixing bowl. Whisk to combine. Set aside.
6. Heat a large non stick skillet over medium heat and cut **pressed** tofu into small rectangles. Toss in **cornstarch** (they should be well coated) and sauté in **4 Tbsp of vegetable oil**, flipping once browned on the underside to ensure even browning, about 5 minutes total.
7. Add the **peanut butter tofu sauce to the browned tofu** and stir gently to combine. Cook for another 3-4 minutes, stirring gently to ensure even cooking on all sides. Remove from heat and set aside.
8. To assemble, divide **noodles, vegetables** and **tofu** among serving bowls. Drizzle desired amount of **dressing** over noodle bowls. Garnish with torn **basil**.

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