



Vegetable Quesadillas

Prep Time: 15 min.

Cook Time : 45 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

419 Calories

24.5 g total fat

580 mg of sodium



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

- 1/2 cup chopped red bell pepper
- 1/2 cup chopped zucchini
- 1/2 cup chopped yellow squash
- 1/2 cup chopped red onion
- 1/2 cup chopped mushrooms
- 1 tablespoon olive oil**
- cooking spray**
- 8 whole wheat flour tortillas
- 1 1/4 cups shredded sharp Cheddar cheese
- Fresh cilantro for garnish

DIRECTIONS:

1. In a large nonstick skillet, cook **red pepper, zucchini, yellow squash, onion, and mushrooms in olive oil** over medium to medium-high heat for about 7 minutes, or until just tender. Remove vegetables from pan.
2. Preheat oven to 300 degrees.
3. Wipe clean the skillet. Coat the same pan with cooking spray, and place one tortilla in pan. Sprinkle **1/4 cup of cheese** evenly over tortilla, and layer **3/4 cup of the vegetable mixture** over the cheese. Sprinkle another **1/8 cup of cheese** on the vegetables, and top with a **second tortilla**. Cook until golden on both sides, for approximately 2 to 3 minutes per side. Remove **quesadilla** from pan, place the quesadilla on a baking sheet in the oven to keep warm as you continue making the remaining quesadillas. Repeat with remaining ingredients.
4. Cut each **quesadilla** into triangles with a pizza cutter. Garnish with **cilantro** and put a dollop of **sour cream** over quesadillas if using. Serve hot

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

1020 mg of sodium



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

- 1 single crust pie shell
- 1 Tbsp. unsalted butter**
- 1/2 yellow onion, chopped
- 10 cremini mushrooms, diced
- 1/4 cup fresh parsley, chopped
- 3/4 tsp salt**
- 1 tsp. black pepper**
- 1/4 tsp grated nutmeg
- 5 large eggs **TLV Farm, Glenelg MD**
- 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 1/2 tsp salt and 1/2 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, 1/2 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

NUTRITION FACTS, PER SERVING:

592 Calories

57.64 g total fat

1020 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 tsp. salt **
- 1 Tbsp. black pepper**
- 3 cups fresh arugula - wash and dry before using
- 1/2 cup crumbled goat cheese *Charlotte Farm, Freeland MD*
- 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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