



Vegetable Quesadillas with Creamy Broccoli

Prep Time: 20 min
Cook Time : 40 min
Serves: 4

NUTRITION FACTS, PER SERVING:
640 Calories
38 grams of fat
800 mg of sodium



INGREDIENTS: ** Items not included in kit

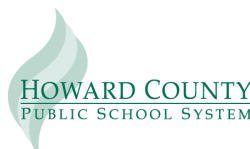
- 8 Flour Tortillas
- 1 Avocado
- 3/4 lb. broccoli florets
- 1 yellow onion thinly sliced
- 1 poblano pepper thinly sliced
- 2 tsp sambal oelek (chili garlic paste)
- 4 oz feta cheese crumbled
- 1/2 cup sour cream
- 4 oz Monterey Jack Cheese shredded
- 2 Tbsp rice vinegar
- Olive oil**
- Salt and Pepper**

DIRECTIONS:

1. Place an oven rack in the center of the oven, then preheat to 450°F. Wash and dry the fresh produce. Cut any large **broccoli florets** into small florets. Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then place in a bowl with **half the sour cream** and **half the vinegar**. Season with **salt and pepper**. Using a fork, mash to your desired consistency. Taste, then season with salt and pepper if desired. Cut off and discard the stem of the **pepper**; remove the core. Quarter the pepper lengthwise, then thinly slice crosswise. Thoroughly wash your hands, knife, and cutting board immediately after handling the pepper.
2. Place the **broccoli florets** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer. Roast 10 to 12 minutes, or until browned and tender when pierced with a fork. Transfer to a large bowl; cover with foil to keep warm
3. While the broccoli roasts, in a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot. Add the **sliced onions and sliced peppers**; season with salt and pepper. Cook, stirring occasionally, 7 to 8 minutes, or until browned and softened. Add **as much of the chili paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat.
4. Place the **tortillas** on a work surface. Top one half of each tortilla with the **crumbled feta cheese, cooked vegetables, and shredded Monterey jack cheese**. Fold the tortillas in half over the filling. Rinse and wipe out the pan used to cook the vegetables.
5. In the same pan, heat a drizzle of **olive oil** on medium until hot. Add the **quesadillas** and cook 3 to 4 minutes per side, or until golden brown and the cheese is melted (if the pan seems dry, add a drizzle of olive oil before flipping). Transfer to a cutting board and carefully halve each cooked quesadilla.
6. While the quesadillas cook, to the bowl of **roasted broccoli**, add the **remaining vinegar** and **remaining sour cream**. Stir to combine. Taste, then season with salt and pepper if desired. Serve the **finished quesadillas** with the **dressed broccoli** and **mashed avocado** on the side.

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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Quinoa Salad with Sweet Potatoes and Apples

Prep Time: 15 min.

Cook Time : 1 hour

Serves: 8

NUTRITION FACTS, PER SERVING:

342 Calories

15.72 g total fat

348 mg of sodium



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

- 1/2 cup extra-virgin olive oil**
- 1 1/2 cups quinoa (rinse and drain well before cooking)
- 1 tsp salt**
- 1 1/2 pounds sweet potatoes, peeled and cut into 3/4-inch dice
- Freshly ground pepper**
- 1/4 cup apple cider vinegar
- 2 (large) apples, cut into 1/2-inch dice
- 1/2 cup parsley, chopped
- 1/2 (medium) red onion, thinly sliced
- 6 ounces of baby kale—wash and dry before using

DIRECTIONS:

1. Preheat the oven to 400°. In a large saucepan, heat **1 tablespoon of the olive oil**. Add the **quinoa** and toast over moderate heat, stirring, for 2 minutes. Add **3 cups of water**, season with 1/4 tsp **salt** and bring to a boil. Cover and simmer the quinoa for 16 minutes. Remove from the heat and let stand for 10 minutes. Fluff the **quinoa**, spread it out on a baking sheet and refrigerate until it is chilled, about 20 minutes.
2. While the quinoa cools, peel and cube the **sweet potatoes**, spread on a baking sheet, and toss with **1 tablespoon of the olive oil** and season with **salt** and **pepper**. Roast for about 25 minutes, stirring once, until golden and softened. Let cool.
3. Dice the **Granny Smith** apples.
4. In a large bowl, whisk the remaining **6 tablespoons of olive oil with the apple cider vinegar**; season with **salt** and **pepper**. Add the cooked and cooled **quinoa, sweet potatoes, apples, parsley, red onions and kale greens** and toss well. Serve right away.

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