



## Israeli Couscous with Roasted Butternut Squash

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

### NUTRITION FACTS, PER SERVING:

432 Calories  
20.44 total grams of fat  
469 mg of sodium



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

- 7 tbsp. olive oil\*\*
- Zest of one lemon
- Non stick spray\*\*
- 2 cups Israeli couscous
- 1 1/2 cups vegetable stock
- 1 1/4 cup water\*\*
- Salt and pepper to taste\*\*
- 1 cup raisins—rehydrated in warm water
- 1/2 cup sliced almonds
- 2 cups butternut squash, peeled and diced
- 1 cup red onion, diced
- 3 tbsp. fresh parsley, chopped

### DIRECTIONS:

1. Place **raisins** in a small bowl and cover with warm water to rehydrate. Set aside.
2. Preheat oven to 375 degrees F.
3. Toss diced **butternut squash** in **2 tbsp. olive oil**, season with **salt** and **pepper**. Coat a cookie sheet with non stick spray and roast **squash** for 15 minutes, until soft. Set aside.
4. In a small skillet, heat **1 tbsp. olive oil** over medium heat and sauté the **diced red onion** until translucent, about 5 minutes. Set aside.
5. In a saucepan, heat **2 tbsp. olive oil** over medium heat. Add the **couscous** and cook, stirring, until toasted and light golden brown, about 7 minutes. Add the **vegetable broth and water**, season with **salt** and **pepper**, to taste, and bring to a boil. Reduce the heat to a simmer, cover, and cook until the liquid is absorbed, about 10 minutes. Drain the **raisins**.
6. Remove the lid, stir in the **drained raisins, sautéed onions, sliced almonds and chopped fresh parsley**. Fold in gently the **roasted butternut squash**.
7. Mix together the **zest of a lemon with 2 Tbsp. olive oil** and drizzle over **couscous** and **squash**. Toss and adjust seasoning with **salt** and **pepper and olive oil**, if needed. Serve warm or cold.

*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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## Pinto Pozole

Prep Time: 20 min.

Cook Time : 35 min.

Serves: 6

**NUTRITION FACTS, PER SERVING:**

382 Calories

9.8 g total fat

665 mg of sodium



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

- 1 Tbsp chili powder
- 2 tablespoons extra-virgin olive oil\*\*
- 1 large white onion, finely chopped
- 4 cloves garlic, pressed or minced
- 1 tablespoon ground cumin
- 1/3 cup tomato paste
- 1 bay leaf
- 2 cans (15 oz each) pinto beans, rinsed and drained
- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (15 oz.) hominy, rinsed and drained
- 32 ounces (4 cups) vegetable broth
- 2 cups water\*\*
- 1/4 teaspoon salt, to taste\*\*
- 1/4 cup chopped cilantro, divided
- 1 lime, halved
- Recommended garnishes: shredded green cabbage, thinly sliced radishes, cilantro leaves and sliced jalapeño pepper

**DIRECTIONS:**

1. In a pot medium heat, warm the **olive oil** until shimmering. Add the **onion** and a pinch of **salt**. Cook, stirring often, until the onions are tender and translucent, about 5 minutes. Add the **chili powder**, **garlic** and **cumin** and cook until fragrant while stirring, about 1 minute. Add the **tomato paste** and cook, while stirring, for 1 minute.
2. Add the **bay leaf**, **hominy**, **beans**, **vegetable broth** and **water** to the pot. Stir in 1/4 teaspoon salt and raise the heat to medium-high. Bring the mixture to a simmer, then reduce heat as necessary to maintain a gentle simmer, stirring occasionally, and cook for 25 minutes.
3. Remove the **bay leaf** from the soup and discard it. Stir the **cilantro** and **juice of 1/2 lime** into the soup. Taste, and add a pinch of salt and/or lime juice if necessary. For extra richness, add a little splash of olive oil and stir it in.
4. Cut the remaining lime into small wedges. Divide the soup into bowls and garnish with lime wedges and other garnishes of your choice.

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