



Israeli Couscous with Roasted Butternut Squash

Prep Time: 10 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 a little of 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. Preheat oven to 375 degrees F.
2. 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.
3. 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.
4. 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 stock 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.
5. Remove the lid, stir in the **drained raisins, sautéed onions, sliced almonds and chopped fresh parsley**. Fold in gently the **roasted butternut squash**.
6. 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**, 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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Garden Vegetable Soup

Prep Time: 20 min.

Cook Time : 40 min.

Serves: 6

NUTRITION FACTS, PER SERVING:

255 Calories

12 g total fat

954 mg of sodium



INGREDIENTS: ** Items not included in kit

- 4 tablespoons olive oil**
- 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- 2 tablespoons finely minced garlic
- Kosher salt**
- 2 cups carrots, peeled and sliced into rounds
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans, broken or cut into 3/4-inch pieces
- 2 quarts vegetable broth
- 1-28 oz can low sodium diced tomatoes
- 1 cup frozen corn
- 1/2 teaspoon freshly ground black pepper**
- 1/4 cup packed, chopped fresh parsley leaves
- 1 to 2 teaspoons freshly squeezed lemon juice
- 4 ciabatta rolls

DIRECTIONS:

1. Heat the **olive oil** in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the **leeks, garlic,** and a **pinch of salt** and sweat until they begin to soften, approximately 7 to 8 minutes. Add the **carrots, potatoes,** and **green beans** and continue to cook for 4 to 5 more minutes, stirring occasionally.
2. Add the **stock,** increase the heat to high, and bring to a simmer. Once simmering, add the **tomatoes, corn,** and **black pepper.** Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes. Remove from heat and add the **parsley** and **lemon juice.** Season, to taste, with **salt.** Serve immediately.
3. Warm **ciabatta rolls** according to package instructions.

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