



Roasted Brussels Sprouts and Crispy Tofu with Honey Sesame Glaze

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

NUTRITION FACTS, PER SERVING:
557 calories
20.8 total grams of fat
1020 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 1/4 cup brown rice
- 1 1/2 pounds Brussels sprouts
- 1 1/2 tablespoons extra-virgin olive oil
- sea salt**
- 1 block (15 ounces) firm tofu
- 1 tablespoon extra-virgin olive oil**
- 1 tablespoon soy sauce
- 1 tablespoon cornstarch

Glaze Ingredients

- 1/4 cup reduced-sodium soy sauce
- 3 tablespoons honey or maple syrup
- 2 tablespoons rice vinegar
- 2 teaspoons sesame oil
- 1 to 3 teaspoons chili garlic sauce or sriracha (depending on how spicy you like it)

Toppings

- 2 tablespoons sesame seeds (black or regular sesame seeds) and a handful fresh cilantro leaves, torn by hand

DIRECTIONS:

1. Position oven racks in the lower third and upper third of the oven. Preheat oven to 400 degrees . Line two large, rimmed baking sheets with parchment paper for easy cleanup (and to prevent the tofu from sticking). Bring **3 cups of water and 1/4 tsp salt** in a medium pot to boil for the rice. Add the **rice** and bring to a gentle boil, cover, reduce heat to low and cook for 30 minutes or until rice is done. Remove from the heat and drain if any liquid still remains. Set aside and keep partly covered until ready to use.
2. Drain the **tofu** and use your palms to gently squeeze out some of the water. Slice the tofu into thirds lengthwise so you have 3 even slabs. Stack the slabs on top of each other and slice through them lengthwise to make 3 even columns, then slice across to make 5 even rows.
3. Line a cutting board with an absorbent lint-free tea towel or paper towels, then arrange the tofu in an even layer on the towel. Fold over the cubed tofu, then place something heavy on top (like another cutting board, topped with a cast iron pan or large cans of tomatoes) to help the tofu drain. Let the tofu rest for at least 10 minutes while you prep the Brussels sprouts by cutting in half.
4. On one of the prepared baking sheet, toss the **sprouts** with a light, even layer of **olive oil**, arrange the **sprouts** in an even layer, flat sides down, and sprinkle with sea salt.
5. Transfer the pressed **tofu** to the other prepared baking sheet and drizzle with the **olive oil** and **soy sauce**. Toss to combine. Sprinkle the **cornstarch** over the tofu, and toss the tofu until the starch is evenly coated, so there are no powdery spots remaining. Arrange the tofu in an even layer across the pan.
6. **To bake the sprouts and tofu:** Transfer the pan of Brussels sprouts to the lower oven rack, and the pan of tofu to the top rack. Bake for 25 to 30 minutes, tossing the contents of each pan halfway through cooking, until the sprouts and tofu are deeply golden on the edges.
7. **To make the glaze:** In a small saucepan, whisk together the glaze ingredients (start with 1 teaspoon chili garlic sauce or sriracha and add more to taste). Bring the glaze to a gentle boil over medium heat, stirring often and reducing heat as necessary. Simmer until the glaze is reduced by about half (about 5 to 10 minutes; it's about done when it starts bubbling up substantially). Remove the glaze from the heat and set aside.
8. To assemble: Divide the **rice** onto four plates. Top each plate with **sprouts** and tofu and drizzle with **glaze**. Finish each plate with a sprinkling of **sesame seeds** and a small handful of chopped **cilantro** .

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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Vegetarian Stuffed Acorn Squash

Prep Time: 20 min.

Cook Time : 45 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

388 calories

18.6 g total fat

549.5 mg of sodium



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

- 2 medium acorn squash
- 2 tablespoons extra-virgin olive oil, divided**
- 1/2 teaspoon salt, divided**
- 1/2 cup quinoa, rinsed
- 1 cup water**
- 1/4 cup dried cranberries
- 1/4 cup pepitas (hulled pumpkin seeds)
- 1/4 cup chopped green onion
- 1/4 cup chopped fresh flat-leaf parsley, plus 1 tablespoon for garnish
- 1 clove garlic, pressed or minced
- 1 tablespoon lemon juice
- 3/4 cup grated Parmesan cheese
- 1/2 cup crumbled goat cheese or feta

DIRECTIONS:

1. Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up.
2. To prepare the **squash**, use a sharp chef's knife to slice through it from the tip to the stem. I find it easiest to pierce the squash in the center along a depression line, then cut through the tip, and finish by slicing through the top portion just next to the stem. Use a large spoon to scoop out the seeds and stringy bits inside, and discard those pieces.
3. Place the **squash halves** cut side up on the parchment-lined pan. Drizzle **1 tablespoon of the olive oil** over the squash, and sprinkle with **1/4 teaspoon of the salt**. Rub the oil into the cut sides of the squash, then turn them over so the cut sides are against the pan. Bake until the squash flesh is easily pierced through by a fork, about 30 to 45 minutes. Leave the oven on.
4. Meanwhile, cook the **quinoa**: In a medium saucepan, combine the **rinsed quinoa** and **water**. Bring the mixture to a boil over medium-high heat, then reduce the heat as necessary to maintain a gentle simmer. Simmer, uncovered, until all of the water is absorbed, 12 to 18 minutes. Remove the pot from the heat and stir in the **cranberries**. Cover, and let the mixture steam for 5 minutes. Uncover and fluff the quinoa with a fork.
5. Pour the fluffed quinoa mixture into a medium mixing bowl. Add the **pepitas, chopped green onion, parsley, minced garlic, lemon juice, the remaining ¼ teaspoon salt, and the remaining 1 tablespoon olive oil**. Stir until the ingredients are evenly distributed.
6. If the mixture is very hot, let it cool for a few minutes before adding the **Parmesan cheese** and **goat cheese**. Gently stir the mixture to combine.
7. Turn the cooked squash halves over so the cut sides are facing up. Divide the mixture evenly between the squash halves with a large spoon. Return the squash to the oven and bake for 15 to 18 minutes, until the cheesy quinoa is turning golden on top.
8. Sprinkle the stuffed squash with the remaining **1 tablespoon chopped parsley**, and serve warm.

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