



Portobello Mushroom Cheeseburger and Broccoli

Prep Time: 15 min

Rest Time: 20 min

Cook Time : 20min

Serves: 4

NUTRITION FACTS, PER SERVING:

418 Calories

31.47 total grams of fat

799 mg of sodium



INGREDIENTS: ** Items not included in kit

- 2 tsp canola oil**
- 2 cups finely chopped fresh mushrooms (dice and measure)
- 2 large eggs, lightly beaten
- 1/2 cup dry bread crumbs
- 1/2 cup shredded cheddar cheese
- 1/2 cup finely chopped onion
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt**
- 1/2 teaspoon pepper**
- 1 tablespoon canola oil**
- 4 whole wheat hamburger buns, split
- Mayonnaise**
- Lettuce leaves
- 3 cups broccoli florets

DIRECTIONS:

1. Rinse and dice the **sliced mushrooms**. Heat 2 tsp **vegetable oil** in a nonstick skillet over medium high heat. Add the diced **mushroom** and diced **onions** and sauté for 3-4 minutes or until all the water has been released and evaporated. **Mushrooms** should be dry and nicely browned. Set aside and let them cool off to room temperature.
2. In a large bowl, combine the **mushrooms and onion mixture, beaten eggs, breadcrumbs, shredded cheddar cheese, 1/4 cup flour, 1/2 tsp salt, 1/2 tsp pepper**. Shape into four 3/4-inch thick patties. If the patties feel too wet, coat them lightly with extra breadcrumbs. Let them sit in the refrigerator for about 20 minutes to firm up. Its important that they sit in the fridge to firm up before cooking, otherwise, they will fall apart when cooking.
3. In a large skillet, heat **oil** over medium heat. Add **burgers**; cook 4-5 minutes on each side or until crisp and lightly browned. Let them cook until crispy before flipping so they do not fall apart. Spread some **mayonnaise** on the buns, and top with lettuce.
4. Rinse and drain **broccoli florets**. Place in a microwaveable safe dish and cover. Microwave on high 2-3 minutes. Remove and drain all liquid. Drizzle with **olive oil**, and season with a pinch of **salt** and **pepper**.

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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Chana Masala-Chickpeas with Spinach

Prep Time: 10 min
Cook Time : 20 min
Serves: 4

NUTRITION FACTS, PER SERVING:

301 Calories
16.4 total grams of fat
179 mg of sodium



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

- 2 cans chickpeas in water (**do not drain liquid**)
- 3/4 cup onion, diced
- 3 cloves garlic, minced
- 3 tablespoons olive oil**
- Juice from one lemon (approx. 2 tablespoons)
- 1/2 teaspoon curry powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon cumin
- 1/2 teaspoon garam masala
- 12 oz of spinach (rinse and dry first)
- 1 1/2 cups basmati rice

DIRECTIONS:

1. Bring **3 cups of water** in a medium size pot to boil. Add a **1/2 tsp of salt** and **1 tsp of olive oil**. Rinse and drain the **rice**. Add rice to boiling water. Bring back to a boil, reduce heat to low, cover and simmer for 20 minutes.
2. In a large skillet or frying pan, sauté **onions** and **garlic** in **olive oil** until soft, about 3-5 minutes.
3. Add **chickpeas** straight from the can, including all the water
4. Add **spices** and **lemon juice**, cover, and simmer about 10-15 minutes, stirring occasionally, adding more water if needed until chickpeas are cooked and soft
5. Reduce heat, add **spinach** and cover. Allow spinach to wilt for 2-4 minutes
6. Serve immediately over **rice**.

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