



Portobello Mushroom Cheeseburger

Prep Time: 15 min
Cook Time : 20min
Serves: 4

NUTRITION FACTS, PER SERVING:
337 Calories
22.47 total grams of fat
633 mg of sodium



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

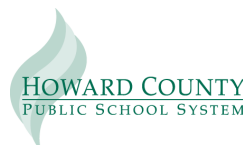
- 2 tsp canola oil**
- 2 cups finely chopped fresh mushrooms
- 2 large eggs, lightly beaten
- 1/2 cup dry bread crumbs
- 1/2 cup shredded cheddar cheese
- 1/2 cup finely chopped onion
- 1/4 cup all-purpose flour**
- 1/2 teaspoon salt**
- 1/2 teaspoon pepper**
- 1 tablespoon canola oil**
- 4 whole wheat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

DIRECTIONS:

1. 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-in.-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.
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. Spread some **mayonnaise** on the buns, and top with lettuce.

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**

- 1 can chickpeas in water (do not drain liquid)
- 1/2 onion, diced
- 3 cloves garlic, diced
- 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
- 1 large bunch of spinach or 8 oz rinsed
- 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, 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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