



## Lemon Garlic Cream Fettucine

Prep Time: 25 min  
Cook Time : 15 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

518 Calories  
34 total grams of fat  
346 mg of sodium



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

- 3 teaspoons grated lemon peel
- 2 teaspoons minced fresh parsley
- 2 garlic cloves, minced
- 8 ounces uncooked fresh fettuccine

### SAUCE:

- 1/4 cup butter\*\*
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon grated lemon peel
- 1/2 cup heavy whipping cream
- 1/4 teaspoon salt\*\*
- 1/8 teaspoon pepper\*\*
- 4 ounces cream cheese, cubed
- 2 tablespoons lemon juice
- 2 plum tomatoes, chopped
- 2 teaspoons minced fresh parsley

### DIRECTIONS:

1. In a small bowl, mix **lemon peel, parsley and garlic**. Cook **fettuccine** according to package directions; drain.
2. For sauce, in a large skillet, heat **butter** over medium-high heat. Add **onion**; cook and stir 2-3 minutes or until tender. Add **garlic and lemon**; cook 1 minute longer. Stir in **cream, salt and pepper**. Whisk in **cream cheese** until melted. Remove from heat; cool slightly. Stir in **lemon juice**.
3. Add **cooked pasta, tomatoes and parsley** to skillet; toss to combine. Serve immediately with **lemon peel mixture**.

*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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# Quinoa Falafel Wraps and Cucumber Salad

Prep Time: 20 min  
Cook Time : 50 min  
Serves: 4

## NUTRITION FACTS, PER SERVING:

426 Calories  
14 total grams of fat  
635 mg of sodium



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

- 1 cup cooked cooled quinoa
- 1-15 oz. can chickpeas
- 2 garlic cloves, minced
- 1/2 bunch scallions, chopped
- 1/4 cup fresh flat leaf parsley
- 1/4 cup fresh cilantro (Please rinse)
- 1/2 tsp. cumin
- 1/2 tsp. coriander
- 1/4 tsp cayenne pepper
- 1 tsp fresh lemon juice
- 1/2 tsp salt\*\*
- 1/4 tsp pepper\*\*
- 1/2 tsp baking powder\*\*
- 1 egg slightly beaten\*\*
- 5-6 tbsp. vegetable oil\*\*
- 1/2 cup shredded carrots
- 1/2 cup shredded cabbage
- 1 tsp salt\*\*
- 1 Tbsp. sugar\*\*
- 1/4 cup cider vinegar
- Lettuce leaves
- 1 cup Tzatziki sauce
- 4 whole wheat wraps
- Fresh mint for garnish (rinse, dry and chop)

### Cucumber Salad

- 1/4 cup thinly sliced red onions
- 1 large cucumber, sliced
- 1/4 cup Kalamata olives, cut in half
- 1/4 cup feta cheese
- 1/4 cup olive oil\*\*
- 2 tbsp. rice vinegar
- 1/2 tsp salt\*\*
- 1/4 tsp pepper\*\*

## DIRECTIONS:

1. Place **1 cup rinsed and drained quinoa** with **2 cups water** in a saucepan. Bring to a boil, reduce heat to low and simmer covered for 20 minutes, until quinoa is cooked all the way through until fully sprouted. Remove from heat, set aside and let it cool.
2. Preheat oven to 350 degrees. Drain, rinse, and pat dry the **chickpeas**. Spread out into a single layer on a sheet tray with sides. Bake for 10 minutes, just enough that the chickpeas start to look a bit dry.
3. In a food processor, combine **garlic, scallions, parsley, cilantro, lemon juice, spices, salt, pepper and baking powder**. Pulse until everything is minced. Transfer to a bowl. Place **chickpeas** in the food processor and pulse until the chickpeas resemble a coarse meal (but don't over process). Place in the bowl with the herbs.
4. Add the **egg** and **cooled quinoa**. Mix until everything is well combined and spices are evenly distributed and let it rest for 15 minutes.
5. To form patties, scoop out roughly 3 tbsp. worth of mixture and form into a ball. Press down slightly to form patty. Repeat with remaining mixture. Set aside.
6. Whisk together **cider vinegar, salt and sugar** until well combined. Pour over **shredded carrots and cabbage**, let it soak for 30 minutes then drain well.
7. Heat **4 tbsp. of oil** in a large non stick skillet over medium heat. Add as many of the falafel patties as you can without crowding the pan. Cook 4 minutes on one side, flip and cook for another 4 minutes. Repeat with the remaining falafels, adding extra table-spoons of oil as needed.
8. Place **lettuce leaf** on center of wrap, top with **falafels, Tzatziki sauce, pickled carrots and cabbage, and fresh mint**. Take bottom half of the tortilla, fold over the stuffing, fold in sides and finish rolling together to make the wrap.
9. To make the **cucumber salad**: Place **red onions, sliced cucumber, halved Kalamata olives in a bowl**. Mix together, **olive oil, rice vinegar, salt and pepper**. Pour over **cucumbers**, toss well and sprinkle with **feta cheese**.

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