



## Veggie Lettuce Wraps

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

**NUTRITION FACTS, PER SERVING:**  
250 Calories(2 wraps)  
6.7 total grams of fat  
340 mg of sodium



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

- 2 heads of butter lettuce (Bib or Boston lettuce)
- 17 oz classic hummus
- 3 cups mixed shredded purple cabbage and shredded carrots
- 1/4 cup rice vinegar
- 1/4 tsp salt\*\*
- 4.5 oz soba noodles
- 3/4 cup thinly sliced green onions
- 2 Tbsp black sesame seeds, plus a few more for garnish
- 2 Tbsp reduced sodium soy sauce
- 2 tsp sesame oil

### DIRECTIONS:

1. In a medium bowl, combine the **shredded vegetables, vinegar** and **salt** and toss to combine. Let the mixture marinate, tossing occasionally, for at least 10 minutes.
2. Bring a pot of salted water to boil for the **soba noodles**. Cook the **soba noodles** just until al dente according to package instructions (about 4 minutes). Drain the noodles, then return the to the pot (off the heat) and stir in the **green onions, sesame seeds, soy sauce and sesame oil**. Set aside.
3. Carefully remove about 12 intact **lettuce leaves** from the heads of lettuce (save the smaller leaves to use in a salad).
4. **To assemble the lettuce wraps:** spread a dollop of hummus over the center of a lettuce leaf. Top with a small handful of soba noodles and top with pickled veggies.

*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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## Balsamic Roasted Broccoli and Red Pepper Grilled Cheese with Mixed Greens Salad

Prep Time: 15 min  
Cook Time : 305min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

750 Calories  
30 total grams of fat  
1050 mg of sodium



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

- 1 head of broccoli
- 1 red bell pepper, thinly sliced
- 1 small yellow onion, thinly sliced
- 2 Tbsp olive oil\*\*
- 2 Tbsp balsamic vinegar
- 1/4 tsp salt\*\*
- Pinch of red pepper flakes
- Freshly ground black pepper to taste\*\*
- 8 slices of sourdough bread
- 8 oz shredded cheddar cheese
- 2 Tbsp Dijon mustard
- Butter\*\*
- Mixed Greens

### DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Remove the **florets** from the broccoli stems and slice them into bite sized pieces.
3. Transfer the **broccoli, bell pepper and onions** to a large, rimmed baking sheet. Drizzle on the **olive oil** and the **balsamic vinegar**. Add the **salt** and toss until all of the ingredients are evenly combined. Arrange the veggies in a single layer on the baking sheet. Sprinkle lightly with **red pepper flakes** and some **black pepper**. Bake until the veggies are tender and caramelized, about 20 minutes, tossing halfway.
4. Spread a very thin layer of **Dijon mustard** on one slice of bread. Top with a heavy sprinkling of **shredded cheddar cheese**, then some **roasted vegetables** on top. Top with more **cheese** and place another piece of **bread** on top. Repeat for the remaining sandwiches.
5. Heat a large nonstick skillet over medium heat. Add a generous pat of **butter**, let it melt and swirl it around the pan. Carefully place one sandwich on one side of the pan, then another sandwich on the other side. Cover the pan with a lid or foil to encourage the cheese to melt. Let the sandwich cook until the bottom side is golden and the cheese is mostly melted. Use a spatula to lift one sandwich out of the pan at a time. Add a little more butter, swirl and carefully flip the sandwiches over and place them back in the pan to cook the other side. Once the other sides are golden and cheese has melted, transfer them to a plate and repeat with the remaining sandwiches.
6. Rinse and dry the **mixed greens** and serve with your favorite salad dressing.

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