



Wheat Berry Salad

Prep Time: 15 min
Cook Time : 1 hr
Serves: 4

NUTRITION FACTS, PER SERVING:

360 Calories
17 total grams of fat
15 mg of sodium



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

- 1 1/2 cups hard wheat berries
- 3/4 cup chopped walnuts
- 2 stalks celery, finely chopped
- 1/2 cup tart dried cherries, chopped
- 1 scallion, white and green parts, chopped
- 1/2 cup finely chopped parsley leaves
- 3 tablespoons olive oil**
- 2 tablespoons lemon juice
- Salt and freshly ground black pepper**

DIRECTIONS:

In a large pot combine the **wheat berries** and enough **water** to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. Drain and let cool. Toast the **walnuts** in a medium dry skillet over medium-high heat until fragrant, 2 to 3 minutes.

In a large bowl, combine the **wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice**. Season, to taste, with **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.

Proudly Sponsored by:





Cabbage and Tofu Curry with Coconut Rice

Prep Time: 15 min
Cook Time : 45 min
Serves: 4

NUTRITION FACTS, PER SERVING:

515 calories
40.12 total grams of fat
658 mg of sodium



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

- 1 package extra firm tofu
- 1 1/2 cups jasmine rice
- 1-inch fresh ginger, cut into narrow thin strips
- 1 tsp cumin seeds
- 1/2 tsp fenugreek seeds
- 1/2 tsp turmeric
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 can coconut milk (**set aside one cup and the rest is to be used for the rice**)
- 5 cups sliced cabbage
- 2 tbsp. chopped fresh cilantro
- 4 tbsp. vegetable oil (divided)**
- Salt**
- Lime Juice
- 4 tbsp. cornstarch

DIRECTIONS:

Coconut Rice— NOTE: Cook Rice first. While rice is cooking get tofu towel dried and pan fry it (see instructions below)

1. Take remaining **coconut milk** and add enough water to make 3 cups of liquid. Add this liquid to a medium size pan with a pinch of **salt** and bring to a boil.
2. Add the **1 1/2 cup jasmine rice**. Stir, bring back to a gentle boil, stir again, reduce heat to low, cover and cook for about 18 minutes stirring half way through the cooking time until rice is done.
3. Wrap **tofu** in a clean towel and set something heavy on top to press out excess moisture for 10 minutes. Set aside.
4. Heat a large non stick skillet over medium heat and cut pressed tofu into rectangles. Toss **tofu rectangles** in **cornstarch** (they should be well coated) and brown in **2 Tbsp. of vegetable oil**, flipping once browned on the underside to ensure even browning, about 5 minutes total. Set aside and **cut into cubes** once done.
5. Heat up **2 Tbsp. vegetable oil** in a wok or similar pan and throw in the **ginger, cumin and fenugreek**. Stir rapidly for half a minute and then add the **turmeric, coriander and curry powder**. Give it a quick stir and slowly add the **coconut milk** while stirring.
6. Stirring, bring it up to a brisk simmer and add the **cabbage**. Now turn up the heat and cook while stirring, until the cabbage is still crunchy and just done—only a matter of minutes. Add the **tofu cubes** and mix in gently until the tofu is also coated with the sauce.
7. Season with **salt, and lime juice** to taste. Sprinkle with the **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.

Proudly Sponsored by:

