



Veggie Lo Mein

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

NUTRITION FACTS, PER SERVING:

460 calories
15 total grams of fat
785 mg of sodium



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

- 1 large onion sliced
- 2 tsp. fresh ginger
- 8 oz. whole-grain spaghetti (You were given 1lb. Use about half the box)
- 1 1/2 cups chopped broccoli florets
- 1 1/2 cups frozen shelled edamame
- 1 1/2 cups shredded carrots
- 10 oz. baby spinach—rinse before using
- 2 tbsp. sesame oil
- 1/4 cup low sodium soy sauce
- 2 tbsp. balsamic vinegar
- 4 large eggs

DIRECTIONS:

1. Peel and grate 2 teaspoons **fresh ginger**. Set aside.
2. Rinse **broccoli** and cut any large florets into smaller pieces if needed. Set aside.
3. Cook **8 ounces whole-grain spaghetti** in large pot of boiling water until al dente according to package instructions. Add the **cut broccoli florets** during the last 2 minutes of cooking. Just before draining add **1 1/2 cups frozen shelled edamame, 1 1/2 cups carrots, and 10 ounces baby spinach**. Drain well; and transfer to a large bowl.
4. In the same pot, heat **2 tablespoons sesame oil** on medium-high. Add the **sliced onion** and cook for 5 minutes.
5. Add the grated peeled **fresh ginger, 1/4 cup lower-sodium soy sauce, and 2 tablespoons balsamic vinegar**. Cook 1 minute.
6. In a small bowl, beat **4 large eggs**. Add **eggs** to pot and cook for 2 minutes without stirring.
7. Add **noodle and vegetable mixture** back to the pot and cook, tossing, for 2 minutes or until heated through.

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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Black Bean Burgers

Prep Time: 20 min
Resting Time: 10 min
Cook Time : 25 min
Serves: 4-5

NUTRITION FACTS, PER SERVING:

459 calories
29 total grams of fat
466 mg of sodium



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

- 1 (14 oz) can Black Beans
- 1/2 cup frozen corn kernels, thawed
- 1 chipotle chile in adobo, chopped
- 1/2 tsp adobo sauce
- 3 Tbsp chopped cilantro
- 1/2 onion, finely minced
- 1 garlic clove, minced
- 1 egg beaten
- 1 cup panko breadcrumbs
- 1/2 tsp chili powder
- 1/4 tsp cumin
- Pinch of Salt **
- Pinch of Pepper**
- 1 Tbsp. olive oil**
- 2 Tbsp. Butter and 2 Tbsp. vegetable oil for frying**
- 4 whole wheat burger buns

Garnishes

- Lettuce**
- Sliced tomato
- Thinly sliced red onion
- Sliced Cheddar Cheese (optional)

Chipotle Mayonnaise

- 1/2 cup of mayonnaise**
- 1 1/2 tsp. chopped cilantro
- 1 chipotle pepper in adobo sauce, finely chopped
- 1 tsp adobo sauce
- 1/2 fresh lime juice and zest of one lime
- Salt and Pepper to taste**

DIRECTIONS:

1. In a small skillet, sauté the **onion and garlic** over medium heat in **1 Tbsp. olive oil** until translucent. Set aside.
2. Drain **beans** and mash with a fork in a bowl lightly, retaining some consistency.
3. To the bowl of mashed beans, add the **corn, chopped chipotle chili, onion and garlic mixture, chopped cilantro and mix well.**
4. Add the **breadcrumbs, 1/2 tsp adobo sauce, chili powder, cumin, beaten egg, a pinch of salt and pepper,** and mix until everything is well combined. **Let mixture stand for 10 minutes in the refrigerator.**
5. Heat **2 Tbsp oil and 2 Tbsp butter** in a non stick skillet over medium low heat. Form bean mixture into 4 patties about the size of the bun (don't make them too big); you'll probably get 5-6 patties. Sear **patties** in skillet and cook 7-8 minutes on each side. If using cheese, top patties with **cheese** towards the end while cooking the second side to allow cheese to melt.
6. Toast **hamburger rolls** face down in a griddle or skillet with a little bit of butter.
7. Spread **chipotle mayonnaise** on buns, place burger and top with **lettuce, slice of tomato and thinly sliced red onion.**

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