



Zucchini Crusted Pizza with Strawberry and Lettuce Salad

Prep Time: 20 min
Cook Time : 35 min
Serves: 4

NUTRITION FACTS, PER SERVING:

375 Calories
16 total grams of fat
862 mg of sodium



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

- 2 cups grated zucchini
- 2 eggs beaten
- 20 saltine crackers - (1 cup when crushed to resemble breadcrumbs)
- 1/2 cup mozzarella cheese, grated
- 1/2 cup parmesan cheese, grated
- 1/2 tsp Italian seasoning
- 2 Tbsp. olive oil for the pan**
- 1/4 cup flour**
- 1 cup marinara sauce

Toppings

- 1 cup shredded mozzarella
- 2 oz. sliced black olives (**Drained**)
- 1 cup thin red onion slices
- 1 cup thinly sliced red pepper (**to prevent excess moisture from the pepper, slice right before using**)
- 1/4 cup fresh chopped basil

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Oil and flour a baking sheet.
3. Press **grated zucchini** firmly to dry out any excess liquid or until fairly dry. Use a paper towel to squeeze out any additional liquid. If zucchini is wet, the pizza crust will be wet.
4. Add the **beaten eggs, crushed crackers, 1/2 cup mozzarella, 1/2 cup parmesan, and 1/2 tsp Italian seasoning** to the DRY zucchini, mix well, then press the batter unto the oiled and floured baking sheet (it won't be like bread dough, it will be the consistency of quick bread batter).
5. Bake at 425 degrees for 20-25 minutes.
6. Spread some **sauce** over crust, and top with **1 cup mozzarella cheese, olives, onions and peppers**.
7. Reduce oven to 400 degrees and put pizza back in for 7-10 minutes until cheese is melted and bubbly.
8. Sprinkle the **chopped basil** over pizza, slice and serve.

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Strawberry Romaine and Spinach Salad

Prep Time: 15 min.

Cook Time : None

Serves: 4-5

NUTRITION FACTS, PER SERVING:

257 calories

16.8 g total fat

205 mg of sodium



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

Ingredients

- 1 small head romaine lettuce - rinsed, dried, and chopped
- 1 bunch fresh spinach - chopped, washed and dried
- 1 pint fresh strawberries, sliced
- 1 sweet Vidalia onion, thinly sliced
- 1/2 cup mayonnaise
- 2 tablespoons white wine vinegar
- 1/3 cup white sugar**
- 1/4 cup milk**
- 2 tablespoons poppy seeds

DIRECTIONS:

1. In a large salad bowl, combine the **romaine, spinach, strawberries and sliced onion**.
2. In a jar with a tight fitting lid, combine the **mayonnaise, vinegar, sugar, milk and poppy seeds**. Shake well and pour the dressing over salad. Toss until evenly coated.

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Quinoa Tabbouleh with Feta and Grilled Eggplant

Prep Time: 20 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:

528 Calories
43.15 total grams of fat
943 mg of sodium



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

- 1 cup quinoa, rinsed
- Freshly ground black pepper**
- 1 lemon, zested and juiced
- 1/4 cup olive oil**
- 1/2 cup thinly sliced scallions, white and green parts (4 scallions)
- 1/2 cup chopped fresh mint leaves
- 1/2 cup chopped fresh flat-leaf parsley
- 1 cucumber, unpeeled, seeded and medium-diced
- 1 cup cherry tomatoes halved
- 1 cup crumbled feta
- 1 medium eggplant, cut into 1/2 inch rounds
- 3 Tbsp. Olive oil**
- Salt & Pepper**

DIRECTIONS:

1. Pour **2 cups of water** into a medium saucepan and bring to a boil. Rinse **quinoa** under running water until water runs clear. Add the **rinsed quinoa**, to boiling water, lower the heat and simmer, covered, for 10-12 minutes, until the grains are tender and open.
2. Drain, place in a bowl and immediately add the **lemon juice and zest, 1/4 cup olive oil and 1/4 teaspoon of salt**.
3. In a large bowl, combine the **scallions, mint, parsley, cucumber, tomatoes, and 1/4 teaspoon of pepper**. Add the **quinoa** and mix well. Carefully fold in the **feta** and taste for seasonings. Serve at room temperature or refrigerate and serve cold.
4. Slice **eggplant into 1/2 inch rounds**. Season with **salt and pepper**.
5. Heat **3 tbsp olive oil** in a large non stick skillet over medium heat. Cook **eggplant 5 minutes** on each side until tender.
6. Serve **eggplant over tabbouleh** salad.

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