



Quinoa Salad

Prep Time: 20 min

Cook Time: 20 min

Serves: 8

NUTRITION FACTS, PER SERVING:

389 calories

11.6 g fat

166 mg sodium



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

- 1 cup quinoa
- 2 cups water**
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1 cucumber, seeded and chopped
- 1 cup flat leaf parsley, chopped
- 1 cup red bell pepper, chopped
- 3/4 cup red onion, diced

DRESSING

- 1/4 cup olive oil**
- 1/4 cup lemon juice, 2 lemons
- 1 TB red wine vinegar
- 2 garlic cloves, minced
- 1/4 tsp salt & 1/4 tsp black pepper**

DIRECTIONS:

1. To prepare the **quinoa**: Rinse quinoa in a fine mesh strainer to remove any debris. Combine the rinsed quinoa and **2 cups water** in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
2. In a large serving bowl, prep and combine the following: Rinse and drain the can of **chickpeas**, slice the **cucumber** in half remove the seeds and chop, pull the leaves from the **parsley** and roughly chop, **chopped red bell pepper, diced red onion** and toss to combine and set aside.
3. To prepare the **DRESSING**: In a small bowl, combine the **1/4 cup olive oil, 1/4 cup lemon juice, red wine vinegar, 2 garlic cloves** peeled and minced and **1/4 tsp salt & 1/4 tsp black pepper**. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the large serving bowl of vegetables, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. For the best flavor, let the salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

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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Ratatouille

Prep Time: 20 min

Cook Time: 60 min

Serves: 4

NUTRITION FACTS, PER SERVING:

345 calories

16 g fat

290 mg sodium



INGREDIENTS: ** Items not included in kit

- 2 small eggplant
- 6 Roma tomatoes
- 2 yellow squash
- 2 zucchini

SAUCE:

- 2 TB olive oil**
- 1 cup diced onion
- 4 cloves garlic, minced
- 1 cup diced red bell pepper
- 1 cup diced yellow bell pepper
- Salt & pepper, to taste**
- 28 oz. can crushed tomatoes
- Crushed red pepper flakes, to taste
- 2 TB chopped fresh basil

HERB SEASONING:

- 2 TB chopped fresh basil
- 1 garlic clove, minced
- 2 TB chopped fresh parsley
- 2 tsp fresh thyme
- Salt & pepper, to taste**
- 4 TB olive oil**

DIRECTIONS:

1. Preheat oven to 375 degrees. Note: You can use an oven safe round pan to prep and bake this dish or you can use a separate pan to prepare the sauce and assemble in a greased baking dish.
2. Slice **eggplant, tomatoes, squash, & zucchini** into 1/4 inch rounds, set aside. Mince **garlic cloves**, set aside in a pile of 4 cloves and 1 clove. Chop **basil, parsley**, and remove **thyme** leaves from stems, set aside.
3. **HERB SEASONING:** In a small bowl, mix together the ingredients listed under **Herb Seasoning**, set aside.
4. **SAUCE:** Heat **2 TB olive oil** in a large oven-safe pan over medium high heat. Sauté the **diced onion, diced red bell pepper, and diced yellow bell pepper** for 8 minutes. Add **4 cloves minced garlic** and season with **salt & pepper to taste**, cooking for 2 minutes more. Add the **28 oz. can crushed tomatoes** and stir until all ingredients are fully incorporated. Remove pan from the heat and stir in **2 TB chopped basil**. If using same pan to bake in oven, smooth out the surface of the sauce **OR** if using a baking dish, pour sauce into greased baking dish and smooth out the surface of the sauce.
5. Arrange the **sliced eggplant, tomatoes, squash, and zucchini** in alternating patterns on top of the sauce from the outer edge to the middle of the pan or in rows. Spoon the **Herb Seasoning** from Step 3 over the vegetables.
6. Cover the pan with foil and bake for 40 minutes. Uncover, and bake for another 20 minutes, until the vegetables are softened.

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