



Stuffed Peppers Mexican Style

Prep Time: 15 min

Cook Time: 50 min

Serves: 4

NUTRITION FACTS, PER SERVING:

485 Calories

23 g fat

1,104 mg sodium



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

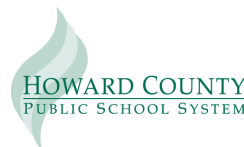
- 1 cup basmati rice
- Pinch salt**
- 1 TB olive oil **
- 4 bell peppers, cut in half
- 2 TB Cilantro, plus garnish
- 1 TB olive oil**
- 3/4 cup diced onion
- 1 (15 oz. can) black beans, drained and rinsed
- 1 (14.5 oz. can) diced tomatoes w/ green chilies
- Stuffed Pepper Spice Blend (1 tsp chili powder, 1/2 tsp cumin, 1/4 tsp garlic powder, 1/4 tsp onion powder, 1/4 tsp paprika, 1/4 tsp oregano)
- 2 cups shredded cheddar cheese
- Salt & Pepper, to taste**
- Non stick cooking spray**
- Aluminum foil**

DIRECTIONS:

1. Preheat oven to 400 degrees F. Grease a baking dish with **non stick cooking spray**, set aside.
2. Wash and dry produce. Cut the **peppers** in half from top to bottom, stem and seed the peppers. Place cut side up in the prepared baking dish. Chop **cilantro** leaves to make 2 TB and some for garnish.
3. Rinse **basmati rice** under cold water to remove excess starch. In a medium pot, add **rinsed rice, 1.5 cups water**, pinch of **salt, 1 TB oil** and bring to a boil. Stir once, then cover, reduce heat to low, and simmer for 10 minutes. Remove pan from heat and allow to stand for 5 minutes. Remove lid and fluff with a fork.
4. Heat **1 TB olive oil** in a large skillet over medium heat; add **diced onion** and cook until softened, stirring frequently for 5 to 8 minutes. Add the rinsed and drained **black beans, diced tomatoes with green chilies, Stuffed Pepper Spice Blend** and **salt & pepper** to taste; stir to combine and cook for 5 minutes, stirring occasionally. Remove pan from heat and stir in the **cooked rice, 2 TB cilantro** and fold in **1 cup Monterey Jack cheese**, reserving 1 cup to use later.
5. Spoon the **mixture** into each bell pepper half and place in in greased baking dish and cover with **aluminum foil**. Bake for 30-40 minutes, until peppers are tender.
6. Remove pan from oven, uncover and sprinkle the **remaining 1 cup cheese** on top. Put pan back in oven uncovered and bake for 10-15 minutes until cheese is melted and bubbly. Garnish with **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.

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Hummus Quesadillas with Tomato Caprese Salad

Prep Time: 30 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

558 calories

35.3 g fat

870 mg sodium



DIRECTIONS:

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

CAPRESE SALAD:

- 2 lbs. tomatoes
- 8 oz. fresh mozzarella cheese
- 1/2 cup fresh basil leaves
- 1 TB balsamic vinegar
- 2 TB olive oil**
- Salt & Pepper, to taste**

HUMMUS QUESADILLAS:

- 1 TB olive oil**
- 2 cloves garlic, smashed
- 10 oz. baby spinach
- Salt and pepper**
- 8 flour tortillas
- Hummus
- 3/4 cup sundried tomatoes
- 3/4 cup Kalamata olives

CAPRESE SALAD:

1. Cut the **tomatoes** and **mozzarella** into 1/4" thick slices. On a large platter, layer alternating slices of tomatoes & mozzarella, adding a **basil leaf** between each. Wisk together **1 TB balsamic vinegar** and **2 TB olive oil** and drizzle over, then **season with salt & pepper to taste**.

HUMMUS QUESADILLAS:

1. In a nonstick skillet heat **1 TB olive oil** and the **2 cloves smashed garlic**. Add the **spinach** and sauté until it wilts and all the moisture has evaporated. Season with **salt and pepper**, to taste. Remove pan from heat and discard the garlic cloves.
2. Thinly slice the **sundried tomatoes** and the **Kalamata olives**, set aside.
3. To prepare the quesadillas, take **1 tortilla** and spread **hummus** generously over the entire tortilla, lightly cover with **sautéed baby spinach, sundried tomatoes** and **Kalamata olives**, top with another tortilla.
4. Warm a nonstick skillet over medium heat. Place the **quesadillas** in the pan. Let the bottom sides warm up for a 3 minutes; then carefully flip. Brush the warm sides lightly with **olive oil** and let them cook for another 2 minutes. Flip once again, brush the new top side lightly with olive oil and cook until the bottom is lightly golden and crisp. Carefully flip and cook until both sides are lightly golden.
5. Transfer the quesadillas to a cutting board, using a sharp knife or a pizza cutter, slice each quesadilla into wedges.

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