



## Tomato, Olive and Green Bean Couscous

Prep Time: 15 min

Cook Time: 15 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

343 calories

6.52 g fat

604 mg sodium



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

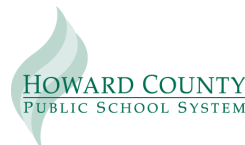
- 1/4 cup sun-dried tomatoes
- 12 oz. green beans, trimmed & cut into 1 inch pieces
- 1 cup Israeli pearl couscous
- 1 pint cherry or grape tomatoes
- 1/2 cup pitted Kalamata olives
- 1/4 cup packed fresh flat-leaf parsley
- 1 (15 oz.) can pinto beans, rinsed & drained
- 1 lemon, zested & juiced
- 2 TB Champagne vinegar
- 1 TB olive oil\*\*
- 1 tsp sugar\*\*
- Salt & black pepper\*\*

### DIRECTIONS:

1. Trim and cut **green beans** into 1 inch pieces. Bring a large pot of water to a boil and add trimmed **green beans** and a **pinch of salt**. Cook 4-5 minutes or until crisp-tender; drain green beans, set aside. If serving salad cold: Fill large bowl with ice and water add cooked green beans to **ice water**. When cool, drain well and set aside.
2. Cook **Israeli couscous**: Bring 1 1/4 cups of water to a boil in a medium size pot. Add **couscous** to the pot, cover and reduce heat to a simmer for 8-10 minutes, stirring occasionally. If serving cold: When done, drain, rinse with cold water and drain again. Then set aside.
3. Rinse **grape/cherry tomatoes** then cut in half, set aside. Chop **Kalamata olives, sun-dried tomatoes, and parsley**, set aside. Drain and rinse the **pinto beans**, set aside.
4. In a large bowl, whisk together **1 tsp lemon zest, 1 lemon juiced (about 2 TB), 2 TB Champagne vinegar, 1 TB olive oil, 1 tsp sugar, and 1/4 teaspoon salt & 1/4 tsp black pepper**. Add trimmed and cooked **green beans, cooked couscous, halved tomatoes, chopped olives, chopped parsley, chopped sun-dried tomatoes, and drained & rinsed pinto beans**. Stir until well combined. Can be served warm or cooled.

*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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## Zucchini Burrito Bowls

Prep Time: 15 min

Cook Time: 1 hr

Serves: 4

### NUTRITION FACTS, PER SERVING:

230 Calories

6.8 g fat

483.5 mg sodium



### DIRECTIONS:

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

- 4 medium or 2 large zucchinis
- 1 (15 oz) can black beans, drained and rinsed
- 1/2 cup basmati rice
- 1 cup salsa
- 1 red bell pepper, diced
- 1/2 red onion, diced
- 4 ears of corn
- 1 jalapeno, ribs and seeds removed and diced
- 1 TB olive oil\*\*
- Burrito Spice Blend (1 TB cumin & 1.5 tsp chili pwdr)
- 1/4 cup fresh cilantro, chopped
- Salt & black pepper, to taste\*\*
- 1 cup shredded cheddar cheese
- Non-stick cooking spray\*\*
- Aluminum foil\*\*

1. Preheat oven to 400 degrees. Grease a 9x13" casserole dish with **non-stick cooking spray**.
2. Rinse **basmati rice** under cold running water. In a medium pot, add **rinsed rice**, **3/4 cup water**, pinch of **salt**, **1 TB oil**, bring to a boil, stir once, then cover, reduce heat to low, and simmer for 8 minutes. Remove pan from heat and let stand for 5 minutes. Remove lid and fluff with a fork.
3. Dice the **jalapeno** and set aside. **(Removing the white ribs and seeds reduces the heat level. Use caution when handling hot peppers and avoid touching your eyes)** Shuck **corn** and cut kernels off the cob, set aside. Slice the **zucchini** in half lengthwise. Using a melon baller or spoon, hollow out the center of each **zucchini**, save scraps. Lightly brush the tops of the zucchini halves with **olive oil** then place in the casserole dish to be filled.
4. Warm **1 TB olive oil** in a large skillet over medium heat. Add the **diced onion**, **diced red pepper**, **diced jalapeno pepper**, and **zucchini scraps**, cook for 5 minutes. Then add the **cooked rice**, **corn kernels**, drained and rinsed **black beans**, **salsa**, **Burrito Spice Blend**, and **salt & pepper to taste**. Stir to combine and cook for 3 minutes then remove the skillet from the heat and stir in **1/4 cup chopped cilantro**.
5. To assemble, spoon the filling inside each **zucchini** until they are all full. Cover with **foil** that has been sprayed with **cooking spray** to prevent the foil from sticking. Bake in the oven for 30 minutes then remove the foil, sprinkle the tops with cheddar cheese and cook uncovered for 5 to 10 minutes more, until cheese is melted.

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