



Lentil Tacos with Avocado Sauce

Prep Time: 10 min

Cook Time: 20 min

Serves: 4-6

NUTRITION FACTS, PER SERVING:

350 Calories

15 g fat

680 mg sodium



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

- 12 corn tortillas
- 2 peaches, diced
- 1 tomato, diced
- 1/3 cup diced red onion

LENTIL FILLING

- 1 TB olive oil**
- 1 cup diced yellow onion
- 2 garlic cloves, peeled and minced
- Lentil Taco Blend (2 tsp chili powder, 1 tsp cumin, 1/2 tsp paprika, 1/2 tsp oregano)
- 1/4 tsp red pepper flakes
- 2 cups low sodium vegetable broth
- 1 cup dried lentils
- 1/4 tsp salt**

AVOCADO CILANTRO SAUCE

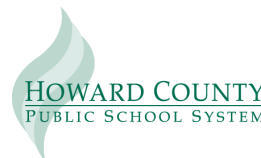
- 1 bunch cilantro, stems and leaves
- 1 avocado
- 1 garlic clove, peeled
- 1 TB lime juice, from 1 lime
- 2 tsp honey
- 1/4 tsp salt & 1/4 tsp black pepper**
- 1/4 cup water**

DIRECTIONS:

1. Peel and dice the **peaches**, set aside. Dice **tomato**, set aside. These will be used for toppings.
2. **Lentil Filling:** In a large pot fitted with a lid, heat **1 TB olive oil** over medium heat. Add the **diced yellow onion** and sauté for 3-4 minutes until onions have become translucent. Add **2 minced garlic cloves** and sauté for 2 minutes more. Add the **Lentil Taco Blend, 1/4 tsp red pepper flakes, 1/4 tsp salt, 2 cups vegetable broth** and **dried lentils**, stir to combine, then cover pot and simmer for 8-10 minutes or until the liquid is absorbed and the lentils are tender, if needed add more broth.
3. **Avocado Cilantro Sauce:** Peel **1 garlic clove**, juice the **lime**, and halve the **avocado** to remove the pit and scoop out the flesh. To a blender or food processor, add all the ingredients listed under **Avocado Cilantro Sauce**. Blend until sauce is smooth adding up to an additional 1/4 cup water to reach desired consistency. Set aside to drizzle over tacos before serving.
4. Warm **corn tortillas** in the oven by wrapping the stack in foil and baking in a 350 degree oven for 10 minutes OR heat one at a time in a skillet over medium high heat for 2 minutes per side.
5. To assemble the tacos, spread **Lentil Filling** on a **warmed tortilla** and top with **diced peaches, diced tomatoes, diced red onion** and a drizzle of **Avocado Cilantro Sauce**.

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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Mushroom Quiche with Salad

Prep Time: 15 min

Cook Time : 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

370 calories

16 g fat

875 mg sodium



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

- 1 single crust pie shell (vegetarian crust)
- 1 TB unsalted butter**
- 1/2 cup diced onion
- 16 oz baby Bella mushrooms, sliced
- 1/4 cup fresh parsley, chopped
- 1/4 tsp salt & 1/4 tsp black pepper**
- 6 large eggs
- 1/3 cup light cream or half & half
- 1 cup shredded swiss cheese
- Salad Greens
- 1 cucumber, sliced
- 1 tomato, diced
- 2 carrots, peeled and sliced
- 2-3 radishes, sliced
- Favorite salad dressing**

DIRECTIONS:

1. Preheat oven to 375 degrees. Bring **1 pie crust** to room temperature and place in a 9" pie dish. Press crust firmly against sides and bottom. Prick bottom and sides of the crust generously with a fork to prevent crust from rising. Bake until edge is dry and golden brown, about 10 minutes. Remove from oven and set aside to let crust cool before filling.
2. To clean **mushrooms**, go over outer surface with a damp paper towel to remove any debris. Remove stems and slice mushrooms. In a large skillet, melt **1 TB butter** over medium high heat. Add **diced onion** and **sliced mushrooms**, season with **1/4 tsp salt** and **1/4 tsp pepper**. Cook stirring frequently, about 10-12 minutes. Set aside and let cool, then stir in **1/4 cup chopped parsley**.
3. In a medium bowl, whisk **eggs**, **1/3 cup cream or half & half**, until well combined.
4. Spread onion/mushroom filling into pie crust and top with **swiss cheese**. Pour **egg mixture** over filling. Place pie on a baking sheet and bake until center of quiche is set, about 35-40 minutes. Remove from oven and let rest for 5 minutes before cutting. Serve warm or at room temperature.
5. SALAD: Wash **salad greens**, **cucumber**, **tomato**, **radishes** and **carrots**. Slice **cucumber** in half length wise and then slice each half creating 1/2 moons. Dice **tomato**. Slice **radish** into thin coins, discarding root end and top. Peel and slice **carrots** into coins. In a large bowl, toss **salad greens**, **cucumber slices**, **diced tomatoes**, **sliced radishes** and **sliced carrots** and toss with your **favorite salad dressing**.

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