



Southwestern Veggie Burgers w/ Cucumber Salad

Prep Time: 60 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

406 calories

16.2g fat

698 mg sodium



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

- 3 sweet potatoes
- Parchment paper or cooking spray**
- 1/2 cup quinoa, rinsed
- 15.5 oz. can black beans, rinsed & drained
- 1/2 cup red onion, finely diced
- 1/3 cup chopped cilantro
- 2 garlic cloves, minced
- Veggie Burger Spice Blend (2 tsp paprika, 2 tsp cumin, 1 tsp chili powder)
- Salt & pepper, to taste**
- 1 1/4 cups quick-cooking oats
- Olive oil**
- 4 hamburger buns
- Toppings: Tomato, sliced / Red Onion, sliced / Avocado, thinly sliced / Lettuce leaves

Cucumber Salad:

- 3 TB olive oil**
- 2 TB balsamic vinegar
- 1 garlic clove, minced
- Salt & pepper, to taste**
- 2 English cucumbers, thinly sliced
- 1 avocado, diced

DIRECTIONS:

1. Preheat oven to 400 degrees. Line a baking sheet with **parchment** or coat with **non-stick cooking spray**.
2. Slice **sweet potatoes** down the center lengthwise. Place cut side down on the prepared baking sheet. Roast until they yield a gentle squeeze, about 30 minutes.
3. In a small saucepan, combine **quinoa** and **1 cup water**. Bring to a boil, then reduce heat to maintain a gentle simmer. Simmer uncovered until all the water is absorbed 10-14 minutes. Remove pan from heat, cover and let steam for 10 minutes.
4. Once the **sweet potatoes** have cooled, remove the skin and place the flesh into a large bowl. Add the **cooked quinoa**, can of drained and rinsed **black beans**, **finely diced red onion**, **1/3 cup chopped cilantro**, **2 cloves minced garlic**, **spice blend**, and **salt & pepper to taste**. Stir to combine and using a potato masher or large spatula mash together. Add the **oats** and stir to combine. Scoop out about 3/4 cup and shape into a patty, repeat process with remaining mixture. Place patties on a lined or coated baking sheet and top each patty with a drizzle of **olive oil**. Bake at 400 degrees for 30 minutes, flipping halfway.
5. Serve burgers on **buns** with your favorite toppings: **sliced tomato, sliced red onion, thinly sliced avocado** or **lettuce leaves**.
6. Cucumber Salad: In a bowl, whisk together **3 TB olive oil**, **2 TB balsamic vinegar**, **salt & pepper to taste**, and **1 minced garlic clove**. Add the thinly sliced cucumbers and diced avocado. Toss to combine.

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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Corn Cakes with Zucchini Salsa

Prep Time: 20 min

Cook Time: 25 min

Serves: 4

NUTRITION FACTS, PER SERVING:

320 calories

20 g fat

490 mg sodium



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

ZUCCHINI SALSA

- 4 cups zucchini, diced
- 1/2 cup red onion, diced
- 1 jalapeno, minced
- 1 TB olive oil**
- Salt and black pepper to taste**
- 1 lime juiced, about 2 TB
- 1/4 cup cilantro, chopped
- Cooking spray**

CORN CAKES

- 1 TB olive oil**
- 1/2 cup red onion, diced
- 6 ears sweet corn
- 1 cup panko bread crumbs
- 2 large eggs, beaten
- 1 lime juiced, 2 TB
- 2 TB honey
- Salt and black pepper to taste**
- 1/4 cup cilantro, chopped

TOPPING

- 1/2 cup feta cheese

DIRECTIONS:

1. Preheat oven to 400.
2. Prep the vegetables: To prep the **jalapeno**, cut in half, remove the seeds and white ribs with a knife. Slice into strips and finely dice, set aside. (IMMEDIATELY WASH YOUR HANDS and do not touch your eyes) Chop the **cilantro**, reserving 1/4 cup for salsa and 1/4 cup for the corn cakes, set aside. Juice the **limes**, set juice aside. Shuck **corn** and cut kernels off the cob, set aside.
3. **Corn Cakes:** Heat **1 TB olive oil** over medium heat in a skillet. Add **1/2 cup diced red onion** and cook until translucent, 4-5 minutes. Stir **corn kernels** in to onions, continuing to cook until corn becomes soft, 4-5 minutes. Remove from heat and place mixture in a bowl to cool. Once cooled, add **3/4 cup panko bread crumbs, 2 beaten eggs, 2 TB honey, 2 TB lime juice, pinch of salt & black pepper** and **1/4 cup chopped cilantro**; stir until well combined. Divide mixture into patties and place in refrigerator to firm up.
4. **Zucchini Salsa:** On a large baking sheet coated with **cooking spray**, toss **diced zucchini, 1/2 cup diced red onion, minced jalapeño, 1 TB olive oil, and a pinch of salt & black pepper**. Roast in a 400 degree oven until zucchini has turned slightly brown, about 20 minutes. Remove pan from oven and toss with **2 TB lime juice** and **1/4 cup chopped cilantro**.
5. To cook corn cakes: Preheat oven to 425 degrees and place patties on a greased baking sheet. Bake 12 minutes, then flip over and bake another 12 minutes or until cakes are browned.
6. To serve, place **corn cakes** on a platter and spoon **zucchini salsa** on top. Sprinkle with **feta cheese**.

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