



Quinoa Salad with Sweet Potatoes and Apples

Prep Time: 15 min

Cook Time: 1 hour

Serves: 8

NUTRITION FACTS, PER SERVING:

392 Calories

19.72 g fat

557 mg sodium



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

- 1 TB olive oil**
- 1 cup quinoa
- 1/4 tsp salt**
- 1 pound sweet potatoes, peeled and cubed
- 1 TB olive oil**
- 1/4 tsp salt & 1/4 tsp black pepper**
- 2 apples, cut into 1/2-inch dice
- 1/4 cup parsley, chopped
- 6 TB olive oil**
- 1/4 cup apple cider vinegar
- 1/2 cup red onion diced
- 6 ounces of baby kale
- 1/2 cup feta cheese

DIRECTIONS:

1. Place **quinoa** in a colander and rinse under running water. In a large saucepan, heat **1 TB olive oil** over medium heat and add the rinsed **quinoa**, stirring for 1 minute. Add **2 cups water** and season with **1/4 tsp salt** and bring to a boil. Cover and simmer for 15 minutes. Remove pan from the heat and let stand for 10 minutes. Fluff the quinoa and spread it out on a baking sheet and refrigerate until it is chilled OR you can serve it warm.
2. Preheat oven to 425 degrees. On a baking sheet, toss the **cubed sweet potatoes** with **1 TB olive oil**, **1/4 tsp salt** and **1/4 tsp black pepper**. Roast for about 20 minutes, stirring once, until golden and softened.
3. Dice the **apples** into 1/2 inch dice, set aside. Chop the **parsley leaves** to equal 1/4 cup, set aside.
4. Dressing: In a small bowl, whisk **6 TB olive oil** with the **apple cider vinegar**; season with a pinch of **salt** and **pepper**.
5. In a large bowl, add the **cooked quinoa**, **roasted sweet potatoes**, **diced apples**, **chopped parsley**, **diced red onions** and **washed & dried kale greens** and toss well to combine. Drizzle dressing over and toss to combine. Sprinkle crumbled **feta cheese** over top to serve.

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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Mediterranean Vegetable Frittata

Prep Time: 20 min

Cook Time: 30 min

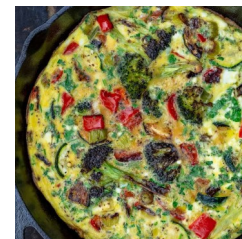
Serves: 4

NUTRITION FACTS, PER SERVING:

272.6 calories

20.2 g fat

560.8 mg sodium



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

- Non-stick cooking spray**
- 2 TB olive oil**
- Salt & pepper, to taste**
- 1 red bell pepper, diced
- 1 zucchini, diced
- 2 green onions white & green parts, sliced
- 4 oz. broccoli florets, cut into small pieces
- 7 large eggs
- 1/4 cup whole milk
- 1/3 cup feta cheese
- 1/4 cup fresh parsley, chopped
- 2 sprigs fresh thyme, strip leaves

DIRECTIONS:

NOTE: The frittata can be prepared from start to finish in an oven safe 10 inch cast iron skillet **OR** using a nonstick skillet and then an oven safe pie dish or square baking dish.

1. Preheat oven to 400 degrees. Prep produce as listed in ingredients.
2. In a large skillet, add **2 TB olive oil** over medium-high heat. Add the **diced bell pepper, diced zucchini, sliced green onions,** and **chopped broccoli florets** to the pan. Season with a pinch of **salt & pepper** to taste. Stir to combine and cook for 5 to 8 minutes until the vegetables have softened. Remove pan from the heat.
3. In a large bowl, whisk together the **7 eggs, 1/4 cup whole milk, 1/3 cup feta cheese, 1/4 cup chopped fresh parsley, thyme leaves,** and season with **salt & pepper** to taste. Fold in the softened vegetables and stir to combine.
4. Coat the bottom of an oven safe square or pie dish with **non-stick cooking spray**. Pour the egg/veggie mixture into the dish. Transfer to the oven and bake at 400 degrees until the center eggs are cooked through and firm, about 25 to 30 minutes. The frittata is cooked when the eggs are set in the center and no longer jiggle and the edges are a golden-brown. Remove the dish from the oven and let rest 5 minutes before slicing to serve.

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