



Spiced Vegetable Soup

Prep Time: 20 min

Cook Time: 60 min

Serves: 6

NUTRITION FACTS, PER SERVING:

467 Calories

23 total grams of fat

920 mg of sodium



INGREDIENTS: ** Items not included in kit

DIRECTIONS:

HERB OIL

- 4-6 TB olive oil**
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh cilantro, chopped
- 1/4 cup shelled pistachios
- 1/2 lemon, juiced
- Salt & pepper, to taste**

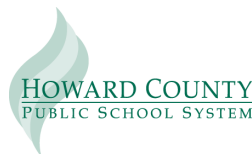
SOUP

- 3 TB olive oil**
- 1 lb. butternut squash, cubed
- 1 cup diced onion
- 3 garlic cloves, minced
- 2 leeks, trimmed/cleaned/thinly sliced
- 3 potatoes (about 1 lb.) peeled & diced
- 28 oz. can diced tomatoes
- Spiced Soup Blend (4 tsp cumin, 1 tsp cinnamon, 2 tsp paprika)
- 1 TB Harissa (hot pepper paste)
- 1 can chickpeas
- 1 cup diced zucchini
- 1/2 cup feta cheese
- 4 ciabatta rolls

1. Prep **leeks** by trimming root end and dark green tops, discard. Slice leek in half, then thinly slice into half moons. Place sliced leeks in a large bowl of water to rinse off any sandy debris. Transfer to a paper towel and pat dry. Peel and dice **potatoes** 1/2 inch thick. Mince **3 cloves garlic**.
2. Prepare Herb Oil: In a blender, add **4 TB olive oil, 1/4 cup chopped parsley, 1/4 cup chopped dill, 1/4 cup chopped cilantro, 1/4 cup shelled pistachios, 1/2 lemon juiced**, and season with **salt & pepper** to taste. Blend until it has a consistency like pesto, adding more olive oil if needed. If you do not have a blender, finely chop herbs and pistachios, combine ingredients in a bowl and whisk together.
3. In a large soup pot, heat **3 TB olive oil** over medium heat. Add the **diced butternut squash, diced onions, minced garlic, sliced leeks, and diced potatoes** and sauté for 8 minutes until the vegetables begin to soften. Add **can of diced tomatoes, Spiced Soup Blend, and 1 TB Harissa**. Stir well to ensure spices evenly coat the vegetables and add **3 cups water and salt & pepper** to taste. Stir to combine, then allow to cook for 30 minutes on a gentle boil.
4. When the squash and potatoes are tender enough to be pierced with a fork, puree the mixture with a blender or mash with a potato masher to get a smooth texture. Add **can of chickpeas with the liquid** and stir to combine. Add more water if needed to reach desired consistency. Add **diced zucchini** and cook for 20 minutes longer.
5. Warm **ciabatta rolls** in 400 degree oven for 5-8 minutes.
6. To serve, ladle soup into a bowl, top with **crumbled feta** and then drizzle with the **herb oil from Step 2**.

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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Roasted Vegetable and Ricotta Pizza

Prep Time: 30 min

Cook Time : 20 min

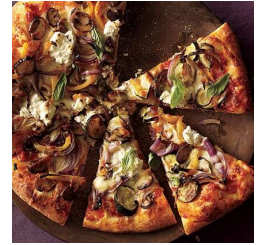
Serves: 4

NUTRITION FACTS, PER SERVING:

347 Calories

11.1 total grams of fat

655 mg of sodium



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

- (2) 12 oz. pizza dough balls
- Salt & pepper, to taste**
- 3-5 TB olive oil**
- 1 TB cornmeal
- 16 oz. mushrooms, cleaned & sliced
- 1 cup zucchini, sliced 1/4 inch thick
- 1 cup yellow bell pepper, sliced
- 1 cup red onion, sliced
- 1 cup marinara sauce
- 1.5 cups (6 oz.) shredded mozzarella cheese
- 1/2 tsp red pepper flakes
- 1/3 cup part skim ricotta cheese
- 2 TB fresh basil leaves

DIRECTIONS:

NOTE—Thaw frozen **dough** in refrigerator the day before or on the counter the day of before proceeding.

1. Position the oven rack in the center of the oven. Preheat the oven to 425 degrees F. Grease a baking sheet with **olive oil** or **non-stick cooking spray**, then sprinkle the sheet pan with **cornmeal** and set aside. **SHAPING PIZZA DOUGH:** Before you begin stretching, warm up your cold dough for at least 30 minutes at room temperature. Bringing the dough to room temperature will loosen up the dough and make it easier to shape. Rub your work surface and hands with a little **olive oil**. Press the dough down into a large flat disc using the palm of your hand. Next, use the middle three fingers on each of your hands to press the dough out from the center, widening that flat disc into a large circle about 1/2 inch thick. The dough should be soft and pliable and shouldn't shrink back when you press it. If the dough does shrink back, give it a break for a few minutes, then resume shaping. Carefully pick up the dough and hold it with both hands on one edge, letting the rest of the dough hang down. Gravity is going to do some of the stretching work as you gently rotate the dough in one direction like turning a wheel. Slowly pull the dough from hand to hand as the dough hangs down continuing until you reach your desired size and thickness. Transfer the dough to the prepared baking sheet.
2. Prep Produce: Clean and slice **mushrooms, yellow bell pepper, and red onion**.
3. On a separate baking sheet, combine **sliced mushrooms, sliced zucchini, sliced yellow bell pepper, sliced red onion, 2 TB olive oil**, and **salt & pepper** to taste. Toss to combine and roast in 425 degree oven for 15 minutes.
4. Spread the **marinara sauce** in an even layer on shaped dough, leaving a 1/2 border for the crust, then sprinkle the **shredded mozzarella cheese** over, top with the **roasted vegetables, red pepper flakes**, and dollop with the **ricotta cheese**. Bake in a 425 degree oven for 12-15 minutes or until the crust is golden. When done, remove from the oven, let rest for 5 minutes, then cut into wedges. Sprinkle with torn **fresh basil leaves**.

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