



## Roasted Cauliflower Tacos

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

334 Calories

18 g fat

754 mg sodium



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

#### PICKLED RED CABBAGE:

- 1 cup white vinegar
- 1 cup water\*\*
- 1 TB sugar\*\*
- 1 tsp salt\*\*
- 3 cups shredded red cabbage

#### CAULIFLOWER:

- 5 cups cauliflower florets (1 head)
- 2 TB olive oil\*\*
- Cauliflower Taco Blend ( 2 tsp chili powder, 1 tsp ground cumin, 1/2 tsp garlic powder, 1 tsp kosher salt)
- Red pepper flakes, use amount based on your desired heat preference
- 1/4 tsp ground black pepper\*\*
- Cooking spray\*\*

#### SAUCE:

- 2 avocados
- 1/2 cup plain Greek yogurt
- 1/4 cup fresh cilantro, chopped
- 1 lime, zested & juiced

#### TACOS:

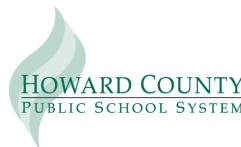
- 12 corn tortillas
- 1/4 cup fresh cilantro, chopped

### DIRECTIONS:

1. **PICKLED RED CABBAGE:** Place the **vinegar, 1 cup water, 1 TB sugar, and 1 tsp salt** in a medium saucepan. Bring to a boil over medium-high heat, stirring occasionally to dissolve the sugar. Remove pan from heat and stir in the **cabbage** to submerge the cabbage as much as possible. Let it sit while you prepare the cauliflower, then drain the liquid and discard liquid before serving.
2. **CAULIFLOWER:** Preheat oven to 425 degrees. Spray a baking sheet/dish with **cooking spray**, set aside. Cut **cauliflower** into small 1 inch florets and remove any stems and place in a large bowl. Add **2 TB olive oil, Cauliflower Taco Blend, 1/4 tsp ground black pepper and red pepper flakes (use amount based on your heat preference)** and toss to combine. Spread cauliflower onto baking sheet/dish in a single layer. Roast until browned in spots, but still crisp-tender, about 20 minutes.
3. **SAUCE:** Scoop out the **avocado flesh** into a bowl and mash with a fork. Stir in **1/2 cup Greek yogurt, 1/4 cup chopped cilantro, 1/2 lime zested, and 1/2 lime juiced**, stir combine, adding more lime juice if desired, set aside.
4. Warm the **tortillas** by wrapping the stack of tortillas in damp paper towels then wrap in plastic wrap and place on a microwavable safe plate, microwave until warm and flexible 30-60 seconds OR warm on the stovetop by cooking 1 minute per side on medium high heat in a pan.
5. **TO SERVE:** To assemble the tacos spoon the **drained pickled cabbage and roasted cauliflower** into the **warmed tortillas** and top with **sauce** and remaining **chopped cilantro**.

*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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## Quinoa Stuffed Peppers

Prep Time: 25 min

Cook Time: 30 min

Serves: 4-6

### NUTRITION FACTS, PER SERVING:

220 Calories

7 g fat

429 mg sodium



### DIRECTIONS:

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

- 1/2 cup quinoa
- 4 red bell peppers, halved lengthwise
- 1 cup onion, diced
- 2 TB olive oil\*\*
- 1 eggplant, diced
- 1 zucchini, diced
- 3 garlic cloves, minced
- 1 (15.5oz) can chickpeas, drained
- 1 TB Za'atar Spice Blend
- 1 lemon, 1/2 zested
- 1/2 cup fresh parsley, chopped

#### SAUCE:

- 1 cup plain Greek yogurt
- 1 TB olive oil\*\*
- 2 TB Zhoug (or use amount based on your desired heat/spice preference)
- Salt & black pepper, to taste\*\*
- Cooking spray\*\*
- Aluminum foil\*\*

1. Pre-heat oven to 400 degrees F. Spray a large baking dish with **cooking spray**.
2. Cut **red peppers** in half lengthwise. Drizzle inside with **olive oil** and season with **salt and black pepper**. Place open side down (flesh side down/skin side up) on the baking dish and roast for 15 minutes.
3. Pour **1 cup water** into a medium saucepan and bring to a boil. Rinse **quinoa** under running water until water runs clear. Add the **rinsed quinoa** to the boiling water, lower the heat to a simmer, cover and cook for 10-12 minutes, until the grains are tender and open. Drain, fluff with fork and set aside.
4. Peel and dice the **eggplant** into 1 inch cubes. Heat **2 TB olive oil** in a large skillet over medium heat and sauté the **diced onion** and diced **eggplant** until eggplant is tender, about 8 minutes. Add the **3 cloves minced garlic** and **diced zucchini**, stirring to combine for 1 minute. Remove the pan from the heat and add **drained chickpeas, cooked quinoa, Za'atar spice, 1/2 a lemon zested, 1/2 cup chopped parsley**, season with **salt & black pepper to taste**. Toss well to combine all the ingredients.
5. Flip the **roasted peppers** to skin side down and spoon **filling** over each pepper, mounding up high. Cover baking dish with **aluminum foil** and bake at 400 degrees for 20 minutes then remove foil and bake an additional 10 minutes.
6. SAUCE: In a bowl, combine **1 cup plain Greek yogurt, 1 TB olive oil, and 2 TB Zhoug (or use amount based on your desired spice/heat preference)**, and stir to combine.
7. To serve, spoon sauce overtop stuffed peppers and garnish with additional chopped parsley.

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