



Pumpkin Chipotle Burgers with Potato Wedges

Prep Time: 20 min

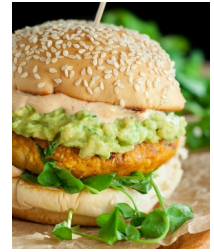
Cook Time: 60 min

Serves: 4

NUTRITION FACTS, PER SERVING:

506 calories

17.6 total grams of fat



INGREDIENTS: ** Items not included in kit

DIRECTIONS:

POTATO WEDGES

- 4 medium Russet potatoes, about 2 lbs.
- Non-stick cooking spray**
- 3 TB olive oil**
- Potato Spice Blend
 - 2 tsp garlic powder, 2 tsp onion powder
- Salt & pepper, to taste**

CHIPOTLE MAYO

- 1/3 cup mayonnaise
- 1 tsp fresh lemon juice (about 1/4 a lemon)
- 1 tsp chipotle in adobo sauce **MEASURE OUT to taste**
- Chipotle Mayo Blend
 - 1/4 tsp paprika, 1/8 tsp cayenne pepper
- Pinch of salt to taste**

PUMPKIN BURGERS

- 15 oz. can cannellini beans, rinsed & drained
- 1 large egg, beaten
- 1 cup pumpkin puree
- 1 TB chipotle in adobo sauce **MEASURE OUT to taste**
- 2 garlic cloves, minced
- 1/2 cup diced onion
- Pumpkin Burger Blend
 - 1/2 tsp cumin, 1/2 tsp oregano, 1/2 tsp paprika
- Salt and pepper, to taste**
- 1 TB olive oil**
- 1.5 cups old-fashioned oats

COOKING

- Non-stick cooking spray**
- 2 TB olive oil**

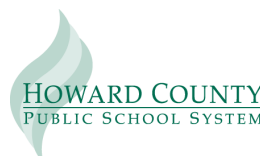
TOPPINGS

- Avocado (smash with salt & pepper to taste)
- Lettuce leaves

1. **POTATO WEDGES:** Preheat the oven to 400 degrees. Cut each **potato** in half lengthways, then in half lengthways again to make quarters, and then cut each half in half lengthways on the diagonal to make two wedges (you'll end up with 8 wedges per potato; make sure they are about the same thickness and size). Place the sliced potatoes into a large bowl and cover them with hot water. Let them soak for 10 minutes. Drain the potatoes and lightly pat them dry with a towel. Place the **potato wedges** on a baking sheet coated with **non-stick spray** and drizzle with **3 TB olive oil** and sprinkle with the **Potato Spice Blend** and **salt & black pepper**. Toss until the potatoes are evenly coated in oil and spices, then arrange them in even columns across the pan so each wedge has a cut side against the pan. Bake for 30 minutes, then flip the wedges over and arrange them in an even layer and return the pan to the oven. Bake until the wedges are deeply golden, crisp and easily pierced by a fork, about 25 more minutes.
2. **CHIPOTLE MAYO:** In a small bowl, combine all ingredients listed and whisk together. Place in refrigerator until ready to assemble the burgers.
3. **PUMPKIN BURGERS:** *These can be cooked in the oven at 400 degrees with the potato wedges, just rotate the pans top/bottom rack halfway through cooking **OR** cooked on the stovetop.* In a large bowl, add the rinsed and drained cannellini beans and mash with a fork. Add the remaining ingredients listed and stir to combine well. Shape mixture into 4 balls and then firmly shape into a disc and place onto a greased baking sheet. Bake at 400 degrees for 20-25 minutes, flipping halfway **OR** heat 2 TB olive oil in a large skillet over medium-high heat, add the patties and cook 5 minutes or until a golden crust forms, then flip and cook another 5-8 minutes, until cooked through.
4. To serve, spread **chipotle mayo** on the **bun**, top with **pumpkin burger**, **lettuce leaves**, **smashed avocado** and enjoy with a side of **potato wedges**.

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 Acorn Squash

Prep Time: 20 min.

Cook Time : 45 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

388 calories

18.6 g total fat

549.5 mg of sodium



INGREDIENTS: ** Items not included in kit

- Aluminum Foil**
- 2 acorn squash
- 2 tablespoons olive oil, divided**
- Salt & pepper, to taste**
- 1/2 cup quinoa, rinsed
- 1/4 cup dried cranberries
- 1/4 cup pepitas
- 1/4 cup green onions, white and green parts thinly sliced
- 1/4 cup chopped fresh parsley, plus 1 tablespoon for garnish
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- 3/4 cup grated Parmesan cheese
- 1/2 cup feta cheese

DIRECTIONS:

1. Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with aluminum foil for easy clean-up.
2. To prepare the **squash**, use a sharp knife to slice through it from the tip to the stem. It's easiest to pierce the squash in the center along a depression line, then cut through the tip, and finish by slicing through the top portion just next to the stem. Use a large spoon to scoop out the seeds and stringy bits inside, and discard those pieces. Place the **squash halves** cut side up on the foil lined pan. Drizzle **1 TB olive oil** over the squash, and sprinkle with **1/4 tsp salt and 1/4 tsp pepper**. Rub the oil into the cut sides of the squash, then turn them over so the cut sides are against the pan. Bake until the squash flesh is easily pierced through by a fork, about 30 to 45 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. Remove the pot from the heat and stir in the **dried cranberries**. Cover, and let the mixture steam for 5 minutes. Uncover and fluff with a fork.
4. Pour the fluffed quinoa mixture into a medium mixing bowl. Add the **pepitas, 1/4 cup sliced green onions, 1/4 cup chopped parsley, 1 clove minced garlic, 1 TB lemon juice, 1 TB olive oil and salt & pepper to taste**. Stir until the ingredients are evenly distributed. If the mixture is very hot, let it cool for a few minutes before adding the **Parmesan cheese and feta cheese**, gently stirring the mixture to combine.
5. Turn the cooked squash halves over so the cut sides are facing up. Divide the mixture evenly between the squash halves. Return the stuffed squash to the oven and bake for 15 minutes, until the cheesy quinoa is turning golden on top.
6. Sprinkle the stuffed squash with the remaining **1 TB chopped parsley** as a garnish, and serve warm.

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