



## Sweet Potato, Arugula & Wild Rice Salad with Ginger Dressing

Prep Time: 20 min

Cook Time: 50 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

377 calories

24g total fat

359mg sodium



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

- 1 cup wild rice
- 1 TB butter\*\*
- Non-stick cooking spray\*\*
- Salt & black pepper, to taste\*\*
- 1.5 lbs. sweet potatoes, cut into 1" cubes
- 2 TB olive oil\*\*
- 1/4 cup pepitas
- 5 oz. arugula
- 1/2 cup feta cheese crumbles
- 1/2 cup green onions, thinly sliced
- 1/4 cup dried cranberries

### GINGER DRESSING:

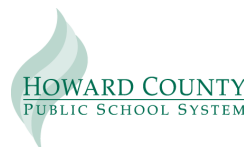
- 1/2 cup olive oil\*\*
- 2 TB apple cider vinegar
- 2 TB mustard
- 1 TB maple syrup
- 2 tsp ginger, peeled & grated/minced
- Salt & black pepper, to taste\*\*

### DIRECTIONS:

1. **Wild Rice:** In a medium saucepan fitted with a lid, bring **2 cups water** to a boil, add **wild rice** and **1 TB butter**, stir well to combine, cover and reduce heat to a simmer for 20-25 minutes, until most of the liquid is absorbed. Remove from heat and leave covered for 5 minutes. Remove lid and fluff with a fork.
2. Preheat the oven to 425 degrees. Spray a large rimmed baking sheet with **non-stick cooking spray**. Peel and cube the **sweet potatoes** into 1 inch cubes, and place on baking sheet. Drizzle with **2 TB olive oil** and season with **salt & black pepper** to taste, tossing to ensure they are evenly coated and in a single layer. Roast for 25-30 minutes, tossing halfway through, until they are caramelized on the edges and tender when pierced with a fork.
3. **Ginger Dressing:** Combine all the ingredients listed under Ginger Dressing in a small bowl and whisk until smooth and thoroughly combined. Set aside.
4. To assemble the warm salad. Arrange the **arugula** in a large bowl or platter, top with **cooked wild rice**, **roasted sweet potatoes**, **pepitas**, **crumbled feta**, **thinly sliced green onions**, and **dried cranberries**. Drizzle with desired amount of **Ginger Dressing** (you don't have to use it all) and toss to combine. NOTE: if you are not planning on eating all the salad at once, store the salad in the refrigerator without the dressing drizzled on top.

*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 Vegetable Soup

Prep Time: 15 min

Cook Time: 35 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

320 calories

5 g total fat

880mg sodium



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

- 2 TB olive oil, divided\*\*
- Salt & pepper, to taste\*\*
- 1 cup onion, diced
- 1/2 cup carrots, diced
- 1/2 cup celery, diced
- 2 cloves garlic, minced
- 3 cups butternut squash, diced
- Soup Spices (1 bay leaf, 1/2 tsp thyme, 1/2 tsp rosemary)
- 2 (32 oz) boxes Vegetable Broth
- 1 (15 oz) can diced tomatoes
- 1 (15 oz) can chickpeas, rinsed & drained
- 1 cup quinoa
- 1/2 bunch kale leaves, chopped ribs and stems removed
- 1/3 cup parmesan cheese
- 4 ciabatta rolls

### DIRECTIONS:

1. Separate **kale** leaves by pulling off from the rib, discard the ribs. Wash and dry the kale leaves. Stack kale leaves into a pile and roll, then chop/slice into smaller pieces. Prep as much kale as you desire in your soup. It does wilt down quite a bit. Set aside for use in Step 3.
2. Heat **2 TB olive oil** in a large pot over medium heat. Add **diced onion, diced carrots, diced celery** and season with **salt & pepper** to taste. Cook stirring occasionally until onions are translucent, about 5 minutes. Add the **2 cloves minced garlic, diced butternut squash** and **soup spices**, stir to combine and continue to cook for 5 more minutes, stirring occasionally.
3. Add **8 cups vegetable broth**, can of **diced tomatoes**, drained and rinsed **chickpeas**, and **quinoa**, stirring to combine. Cook for 15 minutes or until quinoa is soft. Stir in chopped **kale** and season with **salt & pepper to taste**. Cook for 5 minutes longer until kale is wilted.
4. Warm **ciabatta rolls** in a 400 degree oven for 8-10 minutes.
5. Serve soup in bowls sprinkled with **parmesan cheese** and warmed ciabatta rolls alongside.

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