



## Huevos Rancheros

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

333 calories

13.2 g fat

1,020 mg sodium



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

#### Pico de Gallo

2 cups quartered cherry/grape tomatoes

1/4 cup diced onion

1/4 cup chopped fresh cilantro

1 lime, juiced

Salt & black pepper, to taste\*\*

#### Refried Beans

2 tsp olive oil\*\*

1/4 cup diced onion

Salt & black pepper, to taste\*\*

1 tsp ground cumin

1 can black beans, rinsed and drained

1/4 cup water\*\*

#### Other Ingredients

1 cup salsa

4 tsp olive oil\*\*

4 XL eggs

4 corn tortillas

1/2 cup shredded cheddar cheese

Avocado, sliced

Cilantro, chopped for garnish

### DIRECTIONS:

1. **Pico de Gallo:** In a medium bowl, combine the **quartered tomatoes, diced onion, chopped cilantro, lime juice** and **salt & black pepper to taste**. Stir to combine and set aside.
2. **Refried Beans:** In a medium saucepan over medium heat, warm **2 tsp olive oil** until shimmering. Add the **onions, salt & black pepper**. Cook stirring occasionally, until the onions have softened, about 5 to 8 minutes. Add the **cumin**. Cook stirring constantly for about 30 seconds. Pour in the **drained & rinsed beans** and **1/4 cup water**. Stir, cover and cook for 5 minutes. Reduce the heat to low and remove the lid. Using a potato masher, mash up about half of the beans. Continue to cook stirring for about 3 more minutes. Remove pan from the heat. If the beans seem dry, add a very small splash of water and stir. Set aside and cover until ready to use.
3. Warm the **salsa** in a microwavable safe bowl covered with plastic wrap for 1-2 minutes.
4. In a small skillet over medium heat, warm each **tortilla** individually, flipping as necessary, keep tortillas warm wrapped in a clean towel until ready to use. Spread the **refried beans** over each tortilla and place each tortilla on an individual plate. Set aside.
5. In a nonstick skillet over medium heat, pour **1 tsp olive oil** and wait until shimmering. Carefully crack an **egg** into the skillet without breaking the yolk. Fry the egg lifting and tilting the pan occasionally to redistribute the oil and cook until the whites are set and yolk is cooked to your preferred level of doneness. Place the egg on top of a prepared tortilla and repeat with the remaining eggs.
6. Spoon about **1/4 of the warm salsa** across each dish, avoiding the egg yolk. Use a slotted spoon to do the same with the **Pico de Gallo**, leaving the tomato juices behind. Top with **shredded cheddar cheese**, additional **chopped cilantro** and **avocado slices**.

*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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## Baked Penne with Roasted Vegetables

Prep Time: 25 min

Cook Time: 40 min

Serves: 6

### NUTRITION FACTS, PER SERVING:

532 calories

16 g fat

620 mg sodium



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

- 2 red bell peppers, large dice
- 2 zucchini, cut into 1 inch cubes
- 2 yellow squash, cut into 1 inch cubes
- 8 oz. baby bella mushrooms, cleaned & halved
- 1 cup yellow onion, large dice
- 1 TB herbs de Provence
- 1/4 cup olive oil\*\*
- Salt & Pepper, to taste\*\*
- 1 pound penne pasta
- 24 oz. marinara sauce
- 1 cup fontina cheese
- 1/2 cup mozzarella cheese
- 1/4 cup parmesan cheese
- 1 cup frozen peas, thawed
- 1/3 cup parmesan cheese (topping)
- 2 TB butter, cut into small pieces\*\*
- Non-Stick cooking spray\*\*

### DIRECTIONS:

1. Preheat oven to 450 degrees. Spray a 9x13 inch pan with **non-stick cooking spray**.
2. Prep Produce: Clean **mushrooms** of debris and discard stems. Cut to halve mushroom caps. Cut **2 TB butter** into small pieces. Set aside.
3. On a rimmed baking sheet, toss the **bell peppers, zucchini, squash, mushrooms, onions, 1 TB herbs de Provence, 1/4 cup olive oil, and salt & pepper** to taste. Roast until tender, about 12 minutes. Remove from oven and set aside. Reduce oven temperature to 400 degrees.
4. Meanwhile, bring a large pot of salted water to a boil over high heat. Add the **pasta** and cook for 6 minutes. Since you will be cooking the pasta a second time in the oven, the pasta should still be quite firm. Drain pasta.
5. In a large bowl, toss the drained pasta with the roasted vegetables, **marinara sauce, cheese blend (1 cup fontina, 1/2 cup mozzarella, 1/4 cup parmesan)** and **peas**. Gently mix until all the pasta is coated with the marinara and the ingredients are combined.
6. Put the mixture into the greased 9x13 inch pan. Top with remaining **1/3 cup parmesan cheese** and **2 TB butter pieces**. Bake at 400 degrees until the top is golden brown and cheese has melted, about 30 minutes.

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