



## Southwestern Kale Power Salad

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

813 calories

38.6 g fat

976 mg sodium



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

- 1 cup quinoa
- 2 TB olive oil\*\*
- 2 sweet potatoes, peel and dice into 1/4-inch cubes
- 2 TB olive oil\*\*
- 1 TB Southwestern Kale Salad Spices (2 tsp ground cumin & 1 tsp paprika)
- Salt & pepper, to taste\*\*
- 1 bunch kale, wash first, remove ribs and chop into very small, bite-sized pieces
- 1/4 tsp salt\*\*
- 2 TB olive oil\*\*
- 1 lime, juiced
- 1 (15-ounce) can black beans, rinsed and drained
- 1/3 cup crumbled feta
- 1/4 cup pepitas (pumpkin seeds)

### Avocado Sauce

- 2 avocados, sliced into long strips
- 2 limes, juiced
- 2 TB olive oil\*\*
- 1 jalapeño, seeded, and roughly diced
- 1/4 cup fresh cilantro leaves, chopped
- 1/2 tsp ground coriander

### DIRECTIONS:

1. Rinse the **quinoa** in a fine mesh colander under running water. In a medium pot, combine the rinsed **quinoa** and **1.5 cups water** and bring to a boil, cover and reduce heat to a simmer, cook for 10 minutes. Remove pan from heat and let it rest covered, for 5 minutes. Uncover, drain off any excess water and fluff the quinoa with a fork. Set it aside to cool.
2. Peel and dice the **sweet potatoes** into 1/4 inch cubes. In a large pan, warm **2 TB olive oil** over medium heat. Add the **cubed sweet potatoes** and toss to coat, then add the **Southwestern Kale Salad Spices and salt & pepper to taste**, stir to combine, then add **1/4 cup water**, cover and reduce heat to low. Cook, stirring occasionally, until the sweet potato is tender and cooked through, about 10 minutes. Uncover the pan, raise the heat back to medium and cook until the excess moisture has evaporated and the sweet potatoes are caramelizing on the edges, about 3 to 5 minutes (add a splash of **olive oil** if the potatoes start sticking to the pan). Set aside to cool.
3. Wash and dry the **kale**. Remove the ribs and tear leaves into small pieces placing into a large mixing bowl. Sprinkle the chopped **kale** with **1/4 tsp salt** and use your hands to “massage” the salt into the kale by grabbing handfuls of kale in your hands and scrunch it up in your palms. Repeat until the kale is darker green in color and more fragrant. Whisk together **2 TB olive oil, juice of 1 lime and 1/4 tsp black pepper**. Drizzle over the **kale** and toss to coat.
4. To make the **Avocado Sauce**: Cut **jalapeno** in half, using a knife remove the seeds and white ribs. Slice into thin strips and dice (**immediately wash your hands and do not touch your eyes.**) Combine **avocados, 2 limes juiced, 2 TB olive oil, diced jalapeno, chopped cilantro** and **coriander** in a food processor, blender or use a potato masher. Blend well.
5. Drain and rinse the **black beans**, set aside.
6. To assemble, add the cooled **quinoa** into the bowl of **kale** and toss to combine. Divide the **mixture** into four large salad bowls. Top with **sweet potatoes, black beans, avocado sauce**, and a sprinkle of **feta** and **pepitas**.

*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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## Thai Noodle Bowls with Peanut Butter Tofu

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

622 calories

34 total grams fat

838 mg sodium



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

#### TOFU and TOFU SAUCE

- 1 package firm tofu
- 6 TB cornstarch
- 4 TB vegetable oil \*\*
- 4 TB creamy peanut butter
- 2 TB low sodium soy sauce (**measure out**)
- 2 TB lime juice, from 1 lime
- 4 TB maple syrup (**measure out**)
- 1/2 tsp red pepper flakes
- 2 TB sesame oil (**measure out**)

#### DRESSING

- 1 garlic clove, minced
- 1/2 tsp red pepper flakes
- 2 TB maple syrup (**measure out**)
- 4 tsp soy sauce (**measure out**)
- 2 TB lime juice, from 1 lime
- 4 TB rice vinegar
- 2 TB sesame oil (**measure out**)

#### NOODLES AND VEGETABLES

- Rice noodles
- 2 cups shredded carrots
- 1 cucumber sliced on a bias, halved and seeds removed
- 1/2 bunch thinly sliced green onions
- 1/2 cup fresh basil torn

### DIRECTIONS:

1. Wrap **tofu** in a clean towel and set something heavy on top to press out excess moisture for 10 minutes. Set aside.
2. Prepare and cook the **rice noodles** according to package directions. Drain and rinse noodles with cold water, drain thoroughly, and set aside.
3. Prepare the **Tofu Sauce**: in a medium bowl whisk together **4 TB peanut butter, 2 TB soy sauce, 2 TB lime juice, 4 TB maple syrup, 1/2 tsp red pepper flakes** and **2 TB sesame oil**. Set aside.
4. Wash and prep **cucumber** (slice in half, remove seeds, slice on bias) and **green onions** (thinly slice).
5. Prepare **Dressing**: Mince **1 garlic clove** and **add all remaining dressing ingredients listed** to a small mixing bowl. Whisk to combine.
6. Cut **pressed tofu** into small rectangles and coat in the **cornstarch** (they should be well coated). Heat a large non stick skillet over medium heat and add **4 TB vegetable oil**. Sauté coated tofu, flipping once browned to ensure even browning, about 5 minutes total.
7. Add the **Tofu Sauce** to the pan and stir gently to combine. Cook for another 3-4 minutes, stirring gently to ensure even cooking on all sides. Remove from heat and set aside.
8. To serve: divide **cooked noodles, shredded carrots, sliced cucumber, sliced green onions** and **tofu** among serving bowls. Drizzle desired amount of **dressing** over noodle bowls. Garnish with torn **basil**.

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