



Mushroom and Zucchini Quesadillas w/ Texas Caviar

Prep Time: 20 min / 60 minutes in refrigerator

Cook Time: 10 min

Serves: 4

NUTRITION FACTS, PER SERVING:

685 calories

21 g fat

756 mg sodium



DIRECTIONS:

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

Texas Caviar

- 15 oz. can black beans, drained & rinsed
- 15 oz. can black eyed peas, drained & rinsed
- 1 cup corn
- 1/2 cup diced red onion
- 1/2 cup diced red pepper
- 1/2 cup diced green pepper
- 1/2 jalapeno, seeded and minced
- 2 garlic cloves, minced
- 1/8 cup cilantro, chopped
- 2 green onions, thinly sliced
- 2 TB olive oil**
- 1 TB red wine vinegar
- 1/2 lime juiced
- Salt & pepper, to taste**

Mushroom and Zucchini Quesadillas

- 2 TB olive oil**
- 8 oz. baby bella mushrooms, sliced
- 1 cup thinly sliced red onion
- 2 cups thinly sliced zucchini
- Salt & pepper, to taste**
- 2 cups shredded cheddar cheese
- 8 flour tortillas
- 1/2 cup sour cream
- 1 TB chipotle in adobo sauce, **use amount based on your desired spice preference**

1. **Prep Produce:** Drain and rinse **beans**. Peel and mince **2 garlic cloves**. Chop **cilantro** leaves to equal 1/8 cup. Thinly slice the **2 green onions**, white and green portion, discarding the root end. Cut **lime** in half. Clean the **mushrooms** of any debris, remove the stems, then thinly slice the caps. Halve the **jalapeno**, remove the seeds and ribs with a knife, thinly slice into strips then dice. Use amount based on your spice preference. **(Wash your hands immediately after touching the jalapeno and avoid touching your eyes.)**
2. **Texas Caviar:** In a large bowl combine all of the ingredients listed and toss to combine. Adjust seasoning as needed, adding more lime juice, jalapeno or cilantro to reach your preferred taste. Cover and refrigerate at least 1 hour before serving.
3. **Chipotle Sour Cream:** Combine **1/2 cup sour cream** and **1 TB chipotle in adobo sauce (use amount based on your desired spice/heat preference)** in a small bowl. Place in refrigerator until ready to serve.
4. **Quesadillas:** In a skillet over medium high heat, add **1 TB olive oil** and **sliced mushrooms**. Cook for 3-4 minutes. Add **sliced red onion** and cook for 3-4 minutes. Add **sliced zucchini** and season with **salt & pepper** to taste and cook for 5 minutes, or until vegetables are softened and starting to brown. Remove veggies from skillet and wipe skillet clean.
5. Drizzle a little **olive oil** in the skillet and heat to medium high. Place **one tortilla** in bottom of skillet and sprinkle a **1/4 cup shredded cheddar cheese**, then scoop **some veggies**, and top with a **1/4 cup shredded cheddar cheese** and place **another tortilla** on top. Press down with a spatula and cook until the bottom tortilla browns. Carefully flip the tortilla over and brown on the other side, about 3 minutes. Transfer to a cutting board and cut into wedges. Serve with Chipotle Sour Cream and Texas Caviar.

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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Orange Orzo Salad with Almonds, Feta and Olives

Prep Time: 15 min

Cook Time: 15 min

Marinating Time: 10 min

Serves: 4

NUTRITION FACTS, PER SERVING:

399 calories

22.6 g fat

422.5 mg sodium



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

- 1 cup orzo pasta
- 1/2 cup sliced almonds
- 1 cup chopped flat-leaf parsley
- 1/2 cup pitted Kalamata olives, halved
- 4 green onions, thinly sliced
- 1/3 cup golden raisins
- 1/2 cup crumbled feta cheese
- 1 tsp orange zest
- 1/4 cup fresh-squeezed orange juice
- 1/4 cup olive oil**
- 2 TB white wine vinegar
- 1 clove garlic, minced
- Salt & black pepper, to taste**

DIRECTIONS:

1. Bring a large pot of salted water to boil. Add **1 cup orzo** and cook according to package directions. Before draining, reserve **1/2 cup pasta cooking water** and set aside. Drain and immediately rinse the orzo under cold running water until the orzo is no longer warm. Drain well, set aside.
2. Chop the **parsley**. Thinly slice the **green onions**, white and green portion, discarding the root end. Peel and mince the **garlic clove**, and set aside. Zest the **orange** and set aside **1 tsp zest**. Juice the **orange** to get **1/4 cup juice**.
3. Toasting nuts makes them crunchier and enhances the nutty flavor. Be careful not to leave the pan unattended, they can quickly burn. In a dry skillet over medium heat, add the **sliced almonds** and toast until fragrant, stirring for about 3 minutes. Remove pan from heat.
4. In a large bowl, combine the **cooked orzo, toasted almonds, chopped parsley, halved olives, green onions, raisins, and feta**.
5. In a small bowl, combine the **orange zest, orange juice, 1/4 cup olive oil, vinegar, minced garlic, salt and black pepper**. **Add 1/4 cup of the reserved pasta cooking water**, and whisk until blended.
6. Pour the dressing over the salad and toss to combine. **Let the orzo salad rest for at least 10 minutes** (or up to several hours in the refrigerator) so it has time to soak up the dressing. Leftovers will keep in the refrigerator for up to four days.

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