



Shakshuka

Prep Time: 10 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

457 Calories

18 g fat

802 mg sodium



INGREDIENTS: ** Items not included in kit

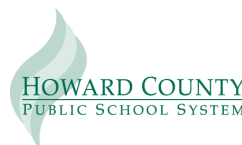
- 2 TB olive oil **
- 1 onion, diced
- 1 red bell pepper, diced
- 4 cloves garlic, minced
- Shakshuka Spice Blend (2 tsp paprika, 1 tsp cumin, 1/4 tsp chili powder)
- 28 oz. can diced tomatoes
- 6 large eggs
- Salt & black pepper, to taste **
- Fresh parsley, chopped
- Fresh cilantro, chopped
- Avocado, sliced
- 1/3 cup feta cheese
- Naan bread

DIRECTIONS:

1. Heat **2 TB olive oil** in a large sauté pan over medium heat. Add the **diced onion** and **diced red bell pepper** and cook for 5 minutes or until the onions become translucent. Add **4 cloves minced garlic** and **Shakshuka Spice Blend** and cook an additional minute, stirring to combine. Pour the **can of diced tomatoes** and their juices into the pan. Season with **salt and black pepper to taste**, and bring the sauce to a simmer.
2. Use a large spoon to make small wells in the sauce and crack the **6 eggs** into each well. Cover the pan and cook the eggs for 5-8 minutes, or until the eggs are done to your liking.
3. Garnish with **chopped cilantro, chopped parsley, sliced avocado** and a sprinkle of **feta cheese** before serving.
4. To heat the **naan bread**, preheat the oven to 400 degrees and place on a baking sheet in the middle of oven and warm for 3 minutes.

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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Spinach & Artichoke Pita Grilled Cheese

Prep Time: 15 min

Cook Time: 10 min

Serves: 4

NUTRITION FACTS, PER SERVING:

432 Calories

12 g fat

601 mg sodium



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

- 2 TB olive oil**
- 1/3 cup diced red onion
- 1 garlic clove, minced
- 20 oz. spinach
- Salt & black pepper, to taste**
- 6 oz. marinated artichokes, drained & chopped
- 1/4 cup fresh basil leaves, chopped
- 1/2 cup shredded gouda cheese
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- Red pepper flakes, use to taste
- 4 pita pockets
- 2 TB unsalted butter, softened**

DIRECTIONS:

1. Heat **2 TB olive oil** in a large pan over medium heat. Add **1/3 cup diced red onion** and **1 clove minced garlic** and sauté for 2 minutes. Add the **20 oz. spinach** and season with **salt and pepper**, to taste. Toss to combine, cooking until all the spinach is wilted, about 5 to 8 minutes. Remove pan from heat and using a large spoon, press out any remaining liquid. Transfer spinach mixture to a large bowl to cool.
2. Drain the jar of **marinated artichokes** and roughly chop, stack **basil leaves** and chop; add both to bowl with spinach mixture. To the same bowl add the **shredded gouda, shredded mozzarella, grated parmesan**, and a pinch of **red pepper flakes**, or amount to taste. Toss mixture to combine well.
3. Cut the pita in half by slicing along the outer seam to create a top half/bottom half. Spread **softened butter** on the outsides of each pita half. Heat a large skillet over medium heat. Place one half of pita buttered side down in the skillet, then top with the spinach/cheese mixture and place top half of pita on top, buttered side out (like making a quesadilla). Cook until golden on each side, about 3-4 minutes per side. Repeat process with remaining pitas.

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