



Sheet Pan Veggie Tacos

Prep Time: 15 min

Cook Time: 30 min

Serves: 6

NUTRITION FACTS, PER SERVING:

580 calories

34 g fat

960 mg sodium



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

- 3 sweet potatoes, diced
- 1/2 pint grape tomatoes, halved
- 3 garlic cloves, minced
- 1 (15 oz) can black beans, drained & rinsed
- 1 jalapeno, diced
- 2 zucchini, diced
- 1/2 cup diced red bell pepper
- 1/2 cup diced onion
- 1/2 cup corn kernels, 2 ears
- 2 TB olive oil**
- Sheet Pan Veggie Taco Spice Blend:
 - 2 tsp chili powder
 - 2 tsp cumin
 - 1/2 tsp oregano
 - 1/2 tsp paprika
- 1/4 tsp salt & 1/4 tsp black pepper**
- 12 corn tortillas
- Non-stick cooking spray**

Creamy Avocado Crema

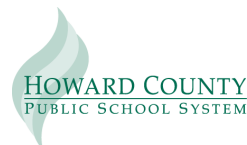
- 1 avocado
- 1/2 cup cilantro, chopped
- 1/2 cup sour cream
- 1 TB olive oil**
- 1 lime, juiced
- 1/2 tsp garlic powder
- 1/4 tsp salt & 1/4 tsp black pepper**

DIRECTIONS:

1. Preheat the oven to 425 degrees. Coat a large baking sheet with **non-stick cooking spray**.
2. Combine the following in a large bowl: Peel and dice the **sweet potatoes** into 1/4 inch cubes. Halve the **grape tomatoes**. Peel and mince the **3 garlic cloves**. Drain and rinse the **black beans**. Halve the **jalapeno**, remove the seeds and ribs with a knife, thinly slice into strips then dice. **(Wash your hands immediately after touching the jalapeno and avoid touching your eyes.)** To the same large bowl, add the **zucchini, red bell pepper, onion, corn kernels, 2 TB olive oil, Spice Blend, 1/4 tsp salt & 1/4 tsp black pepper**. Toss to combine.
3. Pour the **vegetable mixture** onto the greased baking sheet in an even layer. Bake for 25-30 minutes, tossing halfway through until vegetables are tender.
4. Combine all the ingredients for the **Creamy Avocado Crema** in a blender or mash with a fork in a bowl. Stir well to make a sauce. Add a little water if the sauce needs to be thinner.
5. To warm the **tortillas**, place them one at time in a fry pan heated to medium high heat for 30 seconds each side. Keep warm by wrapping in a towel OR warm the tortillas by wrapping the stack of tortillas in a damp paper towel or clean kitchen towel, then wrap plastic wrap around the stack and place on a microwavable safe plate. Microwave until tortillas are warm and flexible, about 30 seconds.
6. To serve the tacos, fill the **warmed tortillas** with the **vegetable mixture** and top with a drizzle of the **Creamy Avocado Crema** sauce.

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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Pesto Pasta with Spinach, Zucchini, and Tomato

Prep Time: 20 min

Cook Time : 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

660 calories

22 g fat

460 mg sodium



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

- 1 box pasta
- 3 garlic cloves, minced
- 2 zucchini, sliced
- 10 oz baby spinach
- 1/2 pint cherry tomatoes
- 1/2 cup of pesto
- Red pepper flakes, to taste
- 2 TB olive oil**
- Salt & black pepper, to taste**
- 1/3 cup grated parmesan cheese

DIRECTIONS:

1. Seasoned Tomatoes: Peel and mince the **3 garlic cloves** and halve the **tomatoes**; place in a bowl and season with a pinch of **salt** and **pepper**, stir to combine and set aside.
2. Bring a large pot of water to a boil and add the **pasta**. Cook stirring occasionally according to the package directions. Drain pasta and **reserve ½ cup of the pasta cooking water** in a separate cup.
3. In a large pan, heat **1 TB olive oil** over medium-high heat. Add the **sliced zucchini** in an even layer. Cook, without stirring, 2-3 minutes and flip over and cook for another 2-3 minutes or until lightly browned. Add as much of the **red pepper flakes** as you'd like, depending on how spicy you'd like the dish to be. Toss to combine. Then add the **drained pasta, baby spinach, seasoned tomatoes**, and **1/4 cup of the reserved pasta cooking water** to the pan. Cook on medium-high for 1 to 2 minutes, or until thoroughly combined and the spinach is wilted. Stir in **1/2 cup pesto** and mix well. If the pasta seems dry, gradually add the remaining cooking water to achieve your desired consistency.
4. Top with a sprinkle of **parmesan cheese**.

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