



Mee Goreng Tofu

Prep Time: 20 min

Cook Time: 25 min

Serves: 4

NUTRITION FACTS, PER SERVING:

700 Calories

17 g fat

1,020 mg sodium



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

- 1 pound of linguine
- 2 TB packed dark brown sugar
- 2 TB molasses
- 1/4 cup low sodium soy sauce
- 2 shallots, 1 minced and 1 thinly sliced
- 3 garlic cloves, minced
- 2 tsp Sambal Oelek
- 14 oz. extra-firm tofu, cut into 1 inch cubes
- 2 TB cornstarch
- 5 TB vegetable oil**
- 1 lb. bok choy, stalks and greens separated and sliced 1/2 inch thick OR savoy cabbage
- 4 green onions, thinly sliced
- 1 lime, cut into wedges

DIRECTIONS:

1. Wrap **tofu** in paper towels or a clean dish towel. Place on a plate and put something heavy on top to press out the moisture. Let tofu drain for 15 minutes. Unwrap tofu and pat dry with paper towels. Cube tofu into 1 inch cubes and place into a large bowl or Ziplock bag. Season tofu with **1/4 tsp black pepper** and **2 TB cornstarch**.
2. Peel and **mince 3 cloves garlic**, set aside. Peel and **mince 1 shallot**, set aside. Peel and **thinly slice 1 shallot**, set aside. **Thinly slice 4 green onions**, set aside. Cut **lime** into wedges, set aside.
3. Sauce: In a small bowl, whisk together **dark brown sugar, molasses, soy sauce, 1 minced shallot, 3 minced garlic cloves, and Sambal Oelek**. Set aside.
4. Bring a large pot of water to a boil. Add **linguine** and cook according to the package directions. Set aside.
5. In a non-stick sauté pan, over medium heat, add **2 TB vegetable oil**. Add tofu and turn, crisping all sides, about 8-10 minutes. You can cook the tofu in batches adding more oil as needed. Transfer cooked tofu to a paper towel lined plate.
6. To the same sauté pan, add **1 TB vegetable oil** and sauté the **bok choy** and the **1 thinly sliced shallot**. Cook stirring until the shallots are golden and bok choy is crisp tender, about 5 minutes. Toss in the **cooked linguine and tofu**. Whisk the **sauce** to recombine and add to the pan. Cook stirring to combine over medium heat until sauce thickens and coats everything.
7. Serve with a squeeze of lime juice from the **lime wedges** and top with **thinly sliced green onions**.

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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Zucchini Crusted Pizza with Strawberry Salad

Prep Time: 20 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

632 Calories

32 g fat

1,020 mg sodium



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

ZUCCHINI CRUSTED PIZZA

- 2 cups grated zucchini
- 2 eggs beaten
- 24 saltine crackers, crushed
- 1/2 cup shredded mozzarella cheese, measure out
- 1/2 cup parmesan cheese, grated
- 1/2 tsp Italian seasoning
- 2 Tbsp. olive oil for the pan**
- 1 cup marinara sauce

Toppings

- 1 cup shredded mozzarella
- 2 oz. sliced black olives, drained
- 1 cup thinly sliced red onion
- 1 cup thinly sliced red pepper
- 1/4 cup fresh basil, chopped

DIRECTIONS:

1. Preheat oven to 425 degrees. Coat baking sheet with cooking spray, set aside.
2. Press **grated zucchini** firmly to dry out any excess liquid or until fairly dry. Use a paper towel or clean kitchen towel to squeeze out any additional liquid. If zucchini is wet, the pizza crust will be soggy.
3. Add the **beaten eggs, crushed crackers, measure out 1/2 cup mozzarella cheese, 1/2 cup parmesan and 1/2 tsp Italian seasoning** to the DRY zucchini, mix well, then press the batter into the oiled baking sheet.
4. Bake at 425 degrees for 20-25 minutes. Remove from oven.
5. Spread **marinara sauce** over the crust and top with **1 cup mozzarella cheese, olives, onions and peppers**.
6. Reduce oven to 400 degrees and put pizza back in for 7-10 minutes until cheese is melted and bubbly.
7. Sprinkle the **chopped basil** over pizza, slice and serve.

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

STRAWBERRY SALAD

- Lettuce mix
- 1 pint fresh strawberries, sliced
- 1 cucumber, sliced into 1/2 moons
- 1/2 cup mayonnaise
- 2 TB white wine vinegar
- 1/3 cup white sugar
- 1 TB poppy seeds
- 1/4 cup milk**
- 1/4 tsp salt & 1/4 tsp black pepper**

DIRECTIONS:

1. In a large salad bowl, combine the **lettuce mix, sliced strawberries** and **sliced cucumber**.
2. In a jar with a tight fitting lid, combine the **mayonnaise, vinegar, sugar, poppy seeds, and milk**. Shake well and pour your desired amount of dressing over the salad. Toss until evenly coated.

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