



Peruvian Quinoa Soup

Serves 6. Prep time: 45 minutes.

2 tablespoons vegetable oil
2 cups diced yellow onion
1 cup diced carrots
1 poblano pepper, seeded and
diced
3 tablespoons minced garlic
1 teaspoon dried oregano
2 medium red potatoes, diced
1 15-ounce can diced tomatoes

4 cups vegetable broth
2 cups water
½ cup uncooked quinoa, rinsed
thoroughly
1 cup corn kernels
¾ cup diced zucchini
Salt and black pepper to taste
2 tablespoons roughly-chopped
fresh cilantro

Preparation

In a large soup pot, heat the oil over medium-high heat and sauté the onion, carrots and peppers for 5 minutes until softening, then add the garlic and oregano and sauté for one minute. Add the potatoes, tomatoes, broth and water and bring to a boil. Reduce to a simmer and stir in the quinoa. Cook the soup for 10 minutes, stirring occasionally. Add the corn and zucchini and simmer another 5 to 10 minutes until everything is tender and the quinoa is translucent. Season with salt and black pepper and stir in the cilantro before serving.

Peruvian Quinoa Soup

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Poblano pepper
- ☐ Red potatoes
- ☐ Cilantro
- ☐ Carrots
- ☐ Garlic
- ☐ Zucchini

BULK

- ☐ Quinoa

GROCERY

- ☐ Vegetable oil
- ☐ Vegetable broth
- ☐ Canned diced tomatoes
- ☐ Corn (if using canned)

FROZEN

- ☐ Corn (if using frozen)

SPICES/SEASONINGS

- ☐ Oregano
- ☐ Black pepper
- ☐ Sea salt

Serving suggestion

Serve with empanadas, the traditional Central and South American savory turnovers, or add 1 to 2 cups of cooked, chopped chicken to the soup for an easy one-pot meal.

Nutritional information per serving

174 calories	5 g. fat
0 mg. cholesterol	167 mg. sodium
29 g. carbohydrate	5 g. fiber
4 g. protein	

The nutritional values and information provided are approximations.



Indian Braised Red Cabbage

Serves 6. Prep time: 20 minutes.

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|---|--|
| 1 tablespoon vegetable oil | 3 tablespoons apple cider vinegar |
| 2 teaspoons yellow (or brown) mustard seeds | 2 tablespoons honey |
| 2 teaspoons minced fresh ginger | 2 teaspoons ground coriander |
| 1 cup thinly-sliced yellow onion | Pinch of crushed red chili flakes (optional) |
| 1 ½ pounds red cabbage, cored and thinly sliced | Salt and black pepper to taste |

Preparation

In a large skillet or wok, heat the vegetable oil over medium heat. Add the mustard seeds and sauté for 1 to 2 minutes until they begin to darken and pop, then add the ginger and onion and sauté for 5 more minutes. Add the cabbage, vinegar, honey, coriander and chili flakes to the pan and stir well. Cook the cabbage, stirring frequently, for 10 minutes or until tender. Season with salt and black pepper to taste and serve warm.

Indian Braised Red Cabbage

Ingredient checklist

PRODUCE

- ☐ Ginger
- ☐ Red cabbage
- ☐ Yellow onion

GROCERY

- ☐ Apple cider vinegar
- ☐ Vegetable oil
- ☐ Honey

SPICES/SEASONINGS

- ☐ Yellow or brown mustard seeds
- ☐ Ground coriander
- ☐ Crushed red chili flakes (optional)
- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

Full-flavored enough to stand up as a side to hearty dishes, a small bed of this braised cabbage is a colorful accompaniment to skin-on, bone-in roasted chicken, lamb or pork chops or baked, seasoned tempeh patties.

Nutritional information per serving

87 calories	3 g. fat
0 mg. cholesterol	63 mg. sodium
16 g. carbohydrate	3 g. fiber
2 g. protein	

The nutritional values and information provided are approximations.



Farfalle Pasta with Arugula

Serves 6. Prep time: 30 minutes.

12 ounces farfalle (bowtie) pasta
4 tablespoons butter, divided
4 tablespoons minced garlic
¼ cup sun-dried tomatoes
½ cup chopped walnuts
5 ounces arugula
¼ cup pitted, chopped Kalamata olives

1 cup canned great northern beans, drained and rinsed
1 lemon, zest and juice
Salt and black pepper to taste
2 ounces Asiago cheese, shredded

Preparation

Bring a large pot of salted water to a boil and cook the noodles until al dente, about 8 minutes. Remove from heat, drain and set aside.

Heat 2 tablespoons of butter over medium heat in a large pot. Sauté the garlic for 1 minute and add the cooked pasta, sun-dried tomatoes and walnuts and sauté for another 1 to 2 minutes. Add the arugula and wilt for a few minutes, then add the olives, beans, lemon zest and juice and the remaining butter and stir well. Remove from heat and season with salt and black pepper. Stir in the Asiago cheese and serve.

Farfalle Pasta with Arugula

Ingredient checklist

PRODUCE

- ☐ Garlic
- ☐ Arugula
- ☐ Lemon

BULK

- ☐ Walnuts

GROCERY

- ☐ Farfalle pasta
- ☐ Sun-dried tomatoes
- ☐ Kalamata olives
- ☐ Canned great northern beans

REFRIGERATED/DAIRY

- ☐ Butter
- ☐ Asiago cheese

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

Hearth bread or focaccia and a green salad are the perfect complement to this classic pasta dish. Substitute pine nuts for walnuts, green olives for Kalamata or spinach for arugula if desired.

Nutritional information per serving

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|--------------------|----------------|
| 592 calories | 17 g. fat |
| 27 mg. cholesterol | 256 mg. sodium |
| 41 g. carbohydrate | 10 g. fiber |
| 15 g. protein | |

The nutritional values and information provided are approximations.



Charred Snap Peas with Mint and Lemon

Serves 5. Prep time: 15 minutes.

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|------------------------------------|--------------------------|
| 2 tablespoons olive oil | 2 teaspoons lemon zest |
| 1 pound snap peas | 1 tablespoon lemon juice |
| 2 cloves garlic, peeled and minced | Salt to taste |
| 2 tablespoons minced fresh mint | |

Preparation

Heat the oil in a large wok or skillet over medium-high heat. Add the snap peas and garlic and sauté over high heat, stirring frequently, for about 5 minutes until the peas are tender-crisp and slightly charred or blistering. Remove from the heat and stir in the mint, lemon zest and juice and a pinch of salt. Taste and add more lemon juice if desired before serving warm.

Charred Snap Peas with Mint and Lemon

Ingredient checklist

PRODUCE

- ☐ Snap peas
- ☐ Mint

- ☐ Garlic
- ☐ Lemon

GROCERY

- ☐ Olive oil

REFRIGERATED/DAIRY

- ☐ Sea salt

Serving suggestion

Poultry and fish pair well with this simple vegetable dish and leftovers can be chilled and served in tomorrow's lunch salad. Change the profile of this dish by using a flavored olive oil or seasoned, smoked or coarse-crystal salts, such as kosher or Maldon. But proceed with caution, as flaky salts dissolve faster than granular salts on the tongue, resulting in a saltier flavor. Crush the flakes between your fingers and add a pinch at a time to suit your taste.

Nutritional information per serving

94 calories	6 g. fat
0 mg. cholesterol	53 mg. sodium
9 g. carbohydrate	3 g. fiber
3 g. protein	

The nutritional values and information provided are approximations.