

FREE MINI COOKBOOK

# Four dinners. One easier week.

Four short, flexible dinners for two, with one combined shopping list. Choose a night, follow the steps, and cook.



**Coconut-lime chickpeas**



**Black bean tacos**



**Hot honey-lime edamame**



**Pesto ravioli**

# The combined list

Quantities cover all four dinners for two people. Check your pantry and the pack sizes at your store before buying.

## Produce and chilled

- ☐ 2 bags baby spinach (one about 6 oz)
- ☐ 1 prepared guacamole tub
- ☐ 1 prepared pico de gallo tub
- ☐ 1 pack spinach ravioli; use about 9 oz
- ☐ Grated Parmesan; use 2 tbsp
- ☐ 1 jar prepared pesto; use about 3.3 oz

## Cans, pantry and grains

- ☐ 1 can chickpeas
- ☐ 1 can black beans
- ☐ 1 can coconut milk
- ☐ 8 corn tortillas
- ☐ Ready-to-eat jasmine rice, 2 cups
- ☐ Lime juice, 4 tbsp
- ☐ Hot honey, 3 tbsp
- ☐ Oil, salt and pepper

## Frozen

- ☐ Shelled edamame, about 12 oz
- ☐ 1 bag frozen stir-fry vegetables; use half

Check labels for allergens and follow package storage and cooking directions. Prices, pack sizes and availability vary by store.

# Coconut-lime chickpeas

## with spinach and rice

About 20 min / Serves 2

### Gather

- 1 can chickpeas, drained
- 1 can coconut milk
- 1 bag baby spinach
- 2 tbsp lime juice
- 1 cup ready-to-eat jasmine rice
- Salt and pepper



### Cook

- 01** Bring the coconut milk to a gentle simmer in a skillet over medium heat.
- 02** Add chickpeas, salt and pepper. Simmer uncovered for about 8 minutes, stirring occasionally.
- 03** Stir in lime juice. Add spinach in handfuls and cook until wilted.
- 04** Heat the rice according to its package. Divide between two bowls and spoon the chickpeas and spinach over it.

Taste before serving; add more lime if you want a brighter finish.

# Black bean tacos

## with guacamole and pico

About 15 min / Serves 2

### Gather

- 8 corn tortillas
- 1 can black beans
- 1 prepared guacamole tub
- 1 prepared pico de gallo tub
- 2 tbsp lime juice
- Salt and pepper



### Cook

- 01** Warm the beans with their liquid in a skillet over medium heat.
- 02** Add lime juice, salt and pepper. Simmer for 5 to 6 minutes, mashing some beans until the mixture thickens.
- 03** Warm tortillas according to the package, or microwave under a damp paper towel until pliable.
- 04** Fill with beans, then top with guacamole and pico de gallo. Serve while warm.

Keep chilled toppings cold until serving and refrigerate leftovers promptly.

# Hot honey-lime edamame and veggie rice bowls

About 20 min / Serves 2

## Gather

- 1 bag frozen shelled edamame (about 12 oz)
- 1/2 bag frozen stir-fry vegetables
- 1 cup ready-to-eat jasmine rice
- 3 tbsp hot honey
- 2 tbsp lime juice
- Oil, salt and pepper



## Cook

- 01** Heat a little oil in a skillet. Add frozen vegetables and cook over medium-high heat until hot and tender.
- 02** Add edamame and cook until heated through, about 4 to 5 minutes more.
- 03** Heat the rice according to its package. Stir hot honey and lime juice into the vegetables; let bubble briefly.
- 04** Season to taste. Divide rice between two bowls and spoon the edamame mixture on top.

Hot honey contains honey; use a different sauce if that does not fit your diet.

# Pesto ravioli

## with spinach

About 15 min / Serves 2

### Gather

- 9 oz refrigerated spinach ravioli
- About 3.3 oz prepared pesto
- 1 bag baby spinach (about 6 oz)
- 2 tbsp grated Parmesan
- Salt and pepper



### Cook

- 01** Cook ravioli according to its package. Before draining, reserve a small splash of cooking water.
- 02** Warm pesto with the reserved water in the empty pot over low heat.
- 03** Return ravioli to the pot. Add spinach and toss gently until the leaves wilt.
- 04** Season to taste, divide between two bowls and finish with Parmesan.

Check the ravioli and pesto labels for dairy, nuts and other allergens.