



WHITE BEAN & BROCCOLINI SALAD QGMV

Active 20 min. | Total 20 min.

- Kosher salt and pepper
- 1 lb Broccolini, trimmed (about 3 bunches)
- 3 Tbsp olive oil
- 1 tsp grated lemon zest plus 2 Tbsp juice
- 2 Tbsp honey mustard
- ½ tsp red pepper flakes
- 2 Tbsp capers, drained and chopped
- 1 15.5-oz can small white beans, drained

1. In large pot of salted boiling water, cook Broccolini until stalks are crisp-tender, 2 min. Drain and transfer to ice bath to cool. Drain and pat dry, then cut into large pieces.

2. In large bowl, whisk together oil, lemon zest and juice, mustard, red pepper flakes and ¼ tsp each salt and pepper; stir in capers. Add Broccolini and beans; toss to coat.

SERVES 6 About 145 cal, 7.5 g fat (1 g sat), 6 g pro, 375 mg sodium, 19 g carb, 6 g fiber



MARINATED MUSHROOMS QGMV O

Active 20 min. | Total 20 min.

- ½ cup olive oil
- 3 Tbsp white wine vinegar
- 2 Tbsp fresh lemon juice
- 1 Tbsp maple syrup
- 2 Tbsp chopped fresh flat-leaf parsley
- 2 Tbsp chopped fresh dill
- Kosher salt and pepper
- 1 lb cremini mushrooms, thinly sliced

In large bowl, whisk together oil, vinegar, lemon juice, maple syrup, parsley, dill and ½ tsp each salt and pepper. Add mushrooms and gently toss to combine. Let sit at room temp, tossing occasionally, until tender, at least 1 hr. Transfer to jars and store in refrigerator up to 3 days.

SERVES 8 About 35 cal, 2.5 g fat (0.5 g sat), 1 g pro, 25 mg sodium, 3 g carb, 0 g fiber