

VOLUNTEERS WANTED!

Purple Apron Meal Kits

**You can make life a little easier for local families in need.
Provide and package all the ingredients needed to
prepare a healthy, delicious homecooked dinner!**

*Your kindness and generosity will help families gather
around the table for a meal at home. Using one of our
special nourish.NJ recipes, shop and package all ingredients
needed for a simple yet nutritious and tasty dinner. Don't
forget to add a dash of love along with a copy of our recipe.
You can even top off the meal kit with a personalized note!*

This is a great project to do with your family or friends!

Ready to get started? Click [here](#) for details or
contact Volunteer Liaison Julie Hess at julie@nourishnj.org

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SHOPPING LIST!

Purple Apron Meal Kits

Step 1 Choose from our two delicious options.

Step 2 Shop for the ingredients listed below for each meal kit.

Note: Some quantities are just a bit larger than needed for the recipe to help to "build" our guests' pantries.

Sealed items only please!

Quinoa and Veggie Stuffed Peppers

- 1 12-oz (or bigger) bag or box of quinoa (unflavored – either white or tri-color)
- 1 quart vegetable stock or broth
- 1 green or spring onion (also called scallions – you need to include only one scallion, not a typical “bunch” as sold)
- 2 ears of fresh corn
- 1 15-oz can of black beans
- 2 plum tomatoes
- 1 bunch of cilantro
- 2 very large or 3 largish or 4 medium green bell peppers (choose ones most suitable for stuffing, serving 4 people)

Mediterranean Roasted Vegetable Flatbread

- 1 small zucchini
- 1 small eggplant
- 1 can tomato paste
- 1 15-oz can white beans
- 3-4 good sized cloves of garlic
- 1 bunch of basil
- 1 small to medium red bell pepper
- 1 package of flatbread – 2 large or other size that serves at least 4 people. If you can't find flatbread, naan bread is a good substitute.
- 1 medium to large yellow onion

Step 3 Package ingredients for each kit in a separate shopping bag or box.

Step 4 Staple a copy of our recipe in Spanish and English on the outside of the bag.

Step 5 Add a dash of love! Write a personal note for the family.

Questions? Contact Julie Hess,

Volunteer Liaison at julie@nourishnj.org



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Delantal Morado

Pimientos Rellenos De Quinua Y Verduras

Ingredientes:

Cantidad: 4 Porciones

- 1½ tazas de quinua
- 2¾ tazas de caldo de verduras
- 1 cebolla verde (primavera), en rodajas finas
- 1 lata de frijoles negros, enjuagados y escurridos
- 2 tomates pera, picados
- ½ taza de cilantro picado (envasado)
- Sal y pimienta para probar
- 2 mazorcas de maíz fresco, peladas y con los granos cortados en rodajas
- 2 pimientos verdes extra grandes, 3 grandes o 4 medianos, bien lavados

Nutrition Facts	
1 serving per container	
Serving size	1 serving (516g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 77g	28%
Dietary Fiber 15g	52%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg (0 IU)	0%
Calcium 83mg	6%
Iron 6mg	30%
Potassium 1055mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Que haces:

- A menos que el paquete de quinua diga "no es necesario enjuagar" o "preenjuagar", enjuaga la quinua en un colador con abundante agua fría.
- En una olla mediana, combine la quinua con el caldo y deje hervir. Reduzca el fuego y cocine a fuego lento hasta que se absorba el líquido, aproximadamente 15 minutos. Deje reposar durante cinco minutos y luego esponje con un tenedor. Mientras la quinua aún esté caliente, agregue las cebolletas, el maíz, los frijoles, los tomates y el cilantro a la quinua, agregue sal y pimienta al gusto, mezcle bien y reserve.
- Coloque los pimientos en una tabla de cortar, con el tallo hacia arriba. Corta cada pimiento por la mitad verticalmente, pasando por la mitad del tallo y la parte inferior del pimiento. Retire las semillas y las partes blancas.
- Hierva al menos 2 litros de agua en una olla grande. Sumerja con cuidado los pimientos en el agua hirviendo. Asegúrate de que estén completamente cubiertos por agua. Hervir hasta que estén tiernos y crujientes, de 4 a 6 minutos. Una vez cocidos, coloque los pimientos en un recipiente con agua helada para evitar que se cocinen más, aproximadamente 1 minuto. Escurrir los pimientos.
- Rellena cada mitad de pimiento con la mezcla de quinua. ¡Disfrutar! Para 4 personas.
- Nota: ¡te sobrará la mezcla de quinua, que podrás disfrutar fría o caliente al día siguiente!



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Purple Apron

Quinoa and Veggie Stuffed Peppers

4 servings

Ingredients:

- 1½ cups quinoa
- 2¾ cups vegetable stock
- 1 green (spring) onion, thinly sliced
- 2 ears of fresh corn, shucked and kernels sliced off
- 1 can black beans, rinsed and drained
- 2 plum tomatoes, chopped
- ½ cup chopped cilantro (packed)
- Salt and pepper to taste
- 2 extra large, 3 large, or 4 medium green peppers, washed well

Nutrition Facts	
1 serving per container	
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Potassium 1055mg	20%
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What you do:

- Unless your quinoa package says “no need to rinse” or “pre-rinsed,” rinse the quinoa in a strainer with plenty of cold water.
- In a medium pot, combine quinoa with stock and bring to a boil. Reduce the heat and simmer until liquid has been absorbed, about 15 minutes. Let stand for five minutes, then fluff with a fork. While the quinoa is still hot, add the green onions, corn, beans, tomatoes, and cilantro to the quinoa, add salt and pepper to taste, mix well, and set aside.
- Place the peppers on a cutting board, stem side up. Cut each pepper in half vertically right through the middle of the stem and the bottom of the pepper. Remove the seeds and white parts.
- Boil at least 2 quarts of water in a large pot. Gently lower the peppers into the boiling water. Make sure they are covered completely by water. Boil until just crisp tender, 4 to 6 minutes. Once cooked, place the peppers in a bowl of ice water to prevent further cooking, about 1 minute. Drain the peppers.
- Stuff each pepper half with the quinoa mixture. Enjoy! Serves 4.
- Note – you will have leftover quinoa mixture, which you can enjoy cold or warm the next day!



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Delantal Morado

Pan plano mediterráneo de verduras asadas

4 servings

Ingredientes:

- 1 calabacín pequeño, cortado en trozos de ½ pulgada
- 2 tazas de berenjena, cortada en trozos de ½ pulgada (aproximadamente ½ berenjena pequeña)
- 1 pimiento rojo, cortado en trozos de ½ pulgada
- 1 cebolla, pelada y cortada en trozos de ½ pulgada
- 4 cucharadas de aceite de oliva, dividido
- Sal y pimienta para probar
- 1 lata de frijoles blancos, enjuagados y escurridos
- 1-3 dientes de ajo, finamente picados (1-2 cucharadas, según tu gusto)
- ½ taza (empacada) de hojas de albahaca fresca, picadas en trozos grandes
- ¼ taza de pasta de tomate
- ¼ taza de agua
- ¼ cucharadita de sal
- 2 panes planos grandes o 4-6 porciones individuales

Nutrition Facts	
1 serving per container	
Serving size	1 serving (353g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 51g	18%
Dietary Fiber 10g	37%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg (0 IU)	0%
Calcium 131mg	10%
Iron 6mg	30%
Potassium 1064mg	25%
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Que haces:

- Precalienta el horno a 400 grados mientras cortas las verduras.
- Coloque el calabacín, la berenjena, el pimiento y la cebolla cortados en cubitos en un tazón grande. Agrega 2 cucharadas de aceite de oliva, sal y pimienta y revuelve bien.
- Cubra una fuente para hornear grande con papel pergamino o aplique una fina capa de aceite para evitar que se pegue. Coloque las verduras en una sola capa (es posible que tenga que asarlas en 2 tandas o usar 2 bandejas). Ase en el horno, revolviendo suavemente cada 10 minutos, durante unos 35-40 minutos o hasta que la berenjena esté muy suave.
- Mientras se asan las verduras, coloque el ajo, la albahaca, los frijoles blancos y las 2 cucharadas restantes de aceite de oliva en un tazón mediano. Agrega una pizca de sal y pimienta al gusto. Mezcle bien y déjelo reposar durante al menos 10 minutos para permitir que los sabores se mezclen.
- En un tazón pequeño, mezcle la pasta de tomate, el agua y ¼ cucharadita de sal.
- Aumente la temperatura del horno a 425 grados. Retire los panes planos del embalaje. Untar sobre una capa muy fina de mezcla de tomate. Divida las verduras entre los panes planos, cubra con la mezcla de frijoles y albahaca y colóquelos directamente en la rejilla del horno durante 7 a 9 minutos, o hasta que el pan plano esté dorado y crujiente. Para 4 personas.



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Purple Apron

Mediterranean Roasted Vegetable Flatbread

4 servings

Ingredients:

- 1 small zucchini, diced into ½-inch pieces
- 2 cups eggplant, diced into ½-inch pieces (about ½ small eggplant)
- 1 red bell pepper, diced into ½-inch pieces
- 1 onion, peeled and diced into ½-inch pieces
- 4 tbsp olive oil, divided
- Salt and pepper to taste
- 1 can white beans, rinsed and drained
- 1-3 cloves garlic, finely chopped (1-2 tbsp, per your taste)
- ½ cup (packed) fresh basil leaves, roughly chopped
- ¼ cup tomato paste
- ¼ cup water
- ¼ tsp salt
- 2 large flatbreads or 4-6 single serve

Nutrition Facts	
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What you do:

- Preheat oven to 400 degrees as you dice the vegetables.
- Place diced zucchini, eggplant, pepper, and onion in a large bowl. Add 2 tbsp olive oil, salt, and pepper and toss well.
- Line a large roasting pan with parchment paper, or brush on a thin layer of oil to prevent sticking. Place veggies in a single layer (you might have to roast in 2 batches or use 2 pans). Roast in the oven, tossing gently every 10 minutes, for about 35-40 minutes or until the eggplant is very soft.
- While the veggies roast, place garlic, basil, white beans, and remaining 2 tbsp olive oil in a medium bowl. Add a pinch of salt and pepper to taste. Mix well and let sit for at least 10 minutes to allow flavors to blend.
- In a small bowl, whisk together the tomato paste, water, and ¼ tsp salt.
- Increase oven temperature to 425 degrees. Remove the flatbreads from the packaging. Spread on a very thin layer of tomato mixture. Divide vegetables among the flatbreads, top with bean-basil mixture, and place directly on the oven rack for 7-9 minutes, or until the flatbread is golden and crispy. Serves 4.



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