



Thank you so much for joining my Meal Membership program! Each week I will email you the heating and serving instructions. I will always list the dinners in the order I recommend you enjoy them, but they will all be good for multiple days.

Enjoy the meals this week! Feel free to reach out with any heating or serving questions.

Sarah

DINNER: Roasted Chicken Thighs with Butternut Squash, Dates, and Olive-Caper Relish

- Preheat oven to 400°. Place chicken, squash and dates on sheet pan and bake until heated through, about 10 minutes. Serve with relish.

DINNER: Bonga Lentil Burgers with Spicy Mayo | Seasoned Oven Fries

- Preheat oven to 400°. Place burgers and fries on a sheet pan and bake until heated through, about 10 minutes. Serve burgers on buns or lettuce wraps with special sauce and microgreens.
- *Made with Curio Spice Co. Bonga Spice Blend*

DINNER: Ratatouille Ricotta Pasta

- Preheat oven to 400°. Bake, uncovered until heated through and cheese is melted, about 20 minutes.

SALAD: Cabbage-Kale-Tofu Salad with Citrusy Ginger Dressing

- Toss together salad, tofu, peanuts, and extra dressing (if desired – salad is lightly dressed).

TREAT: Tahini Brownies

- Serve at room temperature.