



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

Sarah

DINNER: Chicken Parmesan Burgers on English Muffins or Lettuce Wraps | Sweet Potato Wedges

- Preheat oven to 400°. Transfer burgers and sweet potatoes to a sheet pan and bake until heated through, about 10 minutes. Meanwhile, toast the English muffins. Serve the burgers on the English muffins (or lettuce wraps) with marinara sauce.

DINNER: Saag Paneer with Steamed Rice

- Microwave on high until heated through, about 2 minutes.

DINNER: Gochujang-Glazed Eggplant and Tofu

- Microwave on high until heated through, about 2 minutes.

SALAD: Crunchy Slaw Salad

- Serve cold.

TREAT: Blueberry Coffee Cake Muffins

- Enjoy at room temperature.