



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

Sarah

**DINNER: Roasted Eggplant with Sweet and Sour Meatballs**

- Preheat oven to 400°. Place eggplant and meatballs on a sheet pan or baking dish and bake until heated through, about 10 minutes.

**DINNER: Curried Chickpea Salad Lettuce Wraps**

- Build lettuce wraps with chickpea salad, cucumbers, and sprouts. Enjoy cold.

**DINNER: Farro (or Quinoa) and Cauliflower Parmesan**

- Preheat oven to 425°. Bake, uncovered until heated through and cheese is melted, about 10-15 minutes.

**SALAD: Warm Cumin, Asparagus, Tomato, and Wild Rice Salad**

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

**TREAT: Blueberry Sour Cream Bars**

- Keep refrigerated. Enjoy cold or at room temperature.