

# **VEGETARIAN**



## **Baked Falafel Bowls** *and* **Goat Cheese and Mushroom Quiche**

### **Produce**

Cilantro, 1 bunch  
Cucumber, 1  
Garlic, 3 cloves  
Kale, curly, 1 bunch  
Lemons, 2  
Mushrooms, shiitake, sliced, 5 ounces  
Onion, red, ½  
Parsley, 2 bunches  
Shallot, 1

### **Prepared Foods**

Hummus, 7.9 ounces (1 cup)

### **Dairy/Refrigerated**

Eggs, 8 large  
Feta cheese, crumbled, 1 ounce (¼ cup)  
Goat cheese, crumbled, 4 ounces  
Heavy cream, 4 fluid ounces (½ cup) \*may substitute ½ cup full-fat coconut milk

### **Pantry**

Baking powder, 1 teaspoon  
Chickpeas, 2 (16-ounce) cans  
Flour, all-purpose, 1 ounce (¼ cup)  
Olives, kalamata, pitted, ¼ cup  
Olive oil, extra-virgin, 5 fluid ounces (½ cup, plus 2 tablespoons)  
Pita bread (optional), for serving Baked Falafel Bowls  
Roasted red peppers, 1 (12-ounce) jar

### **Seasonings**

Cumin, ground, 1 teaspoon