

## VEGETABLE POT PIES INGREDIENTS AND NUTRITION CHARTS

### FLOURISH VEGETABLE POT PIE CRUST

Ingredients: whole wheat flour, all purpose flour, rye flour, spelt flour, cracked wheat, oat flakes, millet, corn grits, flax seed, potato starch, agave nectar, dry yeast, extra virgin olive oil, expeller-pressed safflower oil, sea salt.

Nutrition Facts	
Serving Size: 4-1/2 oz (128g)	
Servings per Container: 2	
Amt. Per Serving: <b>Calories</b> 180 Calories from Fat 60	
Amt. Per Serving	% Daily Value
<b>Total Fat</b> 7g	<b>11%</b> DV
Saturated Fat 1.5g	<b>9%</b> DV
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b> DV
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b> DV
Dietary Fiber 4g	<b>17%</b> DV
Sugars 3g	
<b>Protein</b> 7g	
Vitamin A 80%	• Vitamin C 40%
Calcium 10%	• Iron 6%

### SLOW-COOKED GREENS WITH LEMON, GARLIC AND GOAT CHEESE

A healthier version of a traditional creamed spinach. We add cruciferous greens — collards and kale — and mix in goat cheese, garlic and lemon for a tangy, substantial filling.

**Ingredients:** Collard greens, kale, spinach, celery, onions, garlic, goat cheese, lemon, extra virgin olive oil, sea salt.

Nutrition Facts	
Serving Size: 4-1/2 oz (128g)	
Servings per Container: 2	
Amt. Per Serving: <b>Calories</b> 200 Calories from Fat 60	
Amt. Per Serving	% Daily Value
<b>Total Fat</b> 6g	<b>10%</b> DV
Saturated Fat 1g	<b>4%</b> DV
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b> DV
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b> DV
Dietary Fiber 8g	<b>31%</b> DV
Sugars 4g	
<b>Protein</b> 8g	
Vitamin A 90%	• Vitamin C 30%
Calcium 6%	• Iron 8%

### LENTIL SIMMER WITH BROCCOLI, SPINACH AND ROASTED ONION

Middle eastern spices of cumin and coriander seed perfume this high protein dish of lentils, broccoli, cabbage, and carrots.

**Ingredients:** Green lentils, broccoli, spinach, carrots, cabbage, onions, capers, zaatar, coriander seed, cumin seed, extra virgin olive oil, black pepper, sea salt.

Vegan

Nutrition Facts	
Serving Size: 4-1/2 oz (128g)	
Servings per Container: 2	
Amt. Per Serving: <b>Calories</b> 190 Calories from Fat 45	
Amt. Per Serving	% Daily Value
<b>Total Fat</b> 5g	<b>8%</b> DV
Saturated Fat .05g	<b>3%</b> DV
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b> DV
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b> DV
Dietary Fiber 4g	<b>17%</b> DV
Sugars 7g	
<b>Protein</b> 5g	
Vitamin A 70%	• Vitamin C 6%
Calcium 4%	• Iron 6%

### SWEET POTATO MASH WITH CARROTS, PEAS AND CURRY

A medium-spiced curry blend enlivens this vegetable pot pie of sweet potatoes, carrots and english peas. A touch of non-fat sour cream softens the heat and balances the flavors.

**Ingredients:** Sweet potatoes, carrots, peas, onions, non-fat sour cream, wildflower honey, cardamom, cinnamon, clove, coriander seed, cumin seed, turmeric, extra virgin olive oil, black pepper, sea salt.

Nutrition Facts	
Serving Size: 4-1/2 oz (128g)	
Servings per Container: 2	
Amt. Per Serving: <b>Calories</b> 170 Calories from Fat 50	
Amt. Per Serving	% Daily Value
<b>Total Fat</b> 6g	<b>9%</b> DV
Saturated Fat 0.5g	<b>4%</b> DV
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b> DV
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b> DV
Dietary Fiber 4g	<b>16%</b> DV
Sugars 5g	
<b>Protein</b> 4g	
Vitamin A 10%	• Vitamin C 60%
Calcium 2%	• Iron 6%

### RATATOUILLE WITH EGGPLANT, TOMATO AND BASIL

A classic ratatouille of eggplant, zucchini and bell peppers in a flavorful tomato basil stew.

**Ingredients:** Eggplant, zucchini, red and green bell peppers, tomatoes, onions, garlic, basil, bay leaf, coriander seed, fennel seed, oregano, extra virgin olive oil, black pepper, sea salt.

Vegan