



Pork and Pepper Kebabs over Rice

Prep Time: 1 hour

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

350 calories

4 g total fat

408 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1/4 cup low-sodium soy sauce
- 1 TB fresh lemon juice
- 1 TB ketchup (2 packets)
- 2 tsp brown sugar
- 1 tsp Worcestershire sauce
- 1/4 tsp crushed red pepper
- 4 garlic cloves, minced
- 1/4 tsp salt and 1/4 tsp pepper**
- 1.5 lbs. pork tenderloin cubes
- 8 snacking size bell peppers
- 1 onion quartered (separate wedges before skewing)
- 1 TB olive oil**
- Salt & Pepper, to taste**
- 1 1/2 cups Basmati rice
- 1 TB olive oil**
- 8 Skewers

DIRECTIONS:

1. Soak **skewers** in water.
2. Place **soy sauce, lemon juice, ketchup, brown sugar, Worcestershire sauce, red pepper flakes, 4 cloves minced garlic, 1/4 tsp salt & 1/4 tsp black pepper** in a large zip-top bag, close bag and shake to combine marinade. Add **pork cubes**; seal bag, and shake. Place bag on plate and put in the refrigerator for at least 1 hour or up to overnight.
3. **Basmati Rice:** Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
4. Preheat your grill to medium-high heat.
5. Remove **pork** from bag, and discard marinade. Thread **pork** evenly onto 4 skewers. Thread **bell peppers** and **onion wedges** on remaining 4 skewers and drizzle with **1 TB olive oil** and season with **salt & pepper to taste**. Arrange skewers in a single layer on grill rack and grill vegetables 3-4 minutes on each side and pork 5-8 minutes each side or until cooked through and no longer pink.
6. Serve **kebabs over rice**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Chicken Fajitas

Prep Time: 30 min

Cook Time: 15 min

Serves: 4

NUTRITION FACTS, PER SERVING:

210 calories

11 g total fat

415 mg sodium



INGREDIENTS: **** Items not included in kit**

- 2 TB vegetable oil or olive oil**
- 1.5 lb. chicken strips
- 1 large yellow onion, peeled and sliced
- 2 bell peppers, sliced
- 12 fajita size flour tortillas
- 1 cup shredded cheddar cheese, for topping
- Fresh cilantro, chopped for topping
- Sour cream, for topping
- Salsa, for topping

Marinade Ingredients:

- Juice of 1 lime
- 2 TB olive oil or vegetable oil**
- Chicken Fajita Spice Blend
 - 1/2 TB Chili Powder
 - 1/2 TB Cumin
 - 1 tsp granulated garlic
 - 1/2 tsp paprika
 - 1/2 tsp oregano
- 1/4 tsp salt & 1/8 tsp black pepper**

DIRECTIONS:

1. Mix all **marinade ingredients** in a large Ziploc bag. Add the **chicken strips** and let marinade for at least 30 minutes or up to 12 hours in the refrigerator.
2. Slice **onion** and **bell peppers** into thin strips.
3. Heat **1 TB oil** in a large nonstick skillet over medium high heat. Add **sliced onions** and **sliced bell peppers** and sauté stirring for 5-8 minutes until soft. Transfer to a bowl and set aside.
4. To the same pan, add **1 TB oil** if needed and add the **chicken strips** to the skillet, discarding the marinade and cook stirring for 10-12 minutes until they are no longer pink.
5. Return **onions** and **peppers** to the skillet and toss with the chicken for about 1 minute.
6. Wrap **tortillas** in foil and place in a 350 degree oven for 10 minutes or until heated through.
7. To serve: spoon a portion of the **chicken, peppers, and onions** down the center of each tortilla, top with your desired amount of **salsa, sour cream, shredded cheddar cheese, and minced cilantro**.

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