



Chicken with Potato & Green Bean Salad

Prep Time: 15 min

Cook Time: 30 min

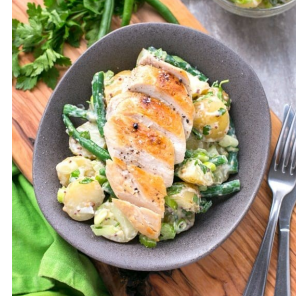
Serves: 4

NUTRITION FACTS, PER SERVING:

527 calories

21g total fat

204mg sodium



INGREDIENTS: ** Items not included in kit

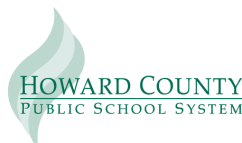
- 1.5 lbs. Chicken Cubes
- Salt & Pepper, to taste**
- 1 TB Olive Oil**
- 1.5 lbs. Yukon Gold Potatoes, cubed
- Pinch of Salt**
- 1 lb. Green Beans, trimmed
- 1/2 cup Diced Red Onion
- 1/2 cup Diced Celery
- 1/3 cup Sour Cream
- 1 TB Mustard
- 1 TB Red Wine Vinegar
- 1/4 cup Olive Oil**
- Salt & Pepper, to taste**
- 1/4 cup Fresh Parsley, chopped

DIRECTIONS:

1. Prep the produce: Rinse and dry the **potatoes**, then cut the potatoes into 3/4 inch cubes. Finely chop the **parsley** leaves to make 1/4 cup. Rinse and trim the ends from the **green beans**, then cut in half.
2. Place the **cubed potatoes** in a pot with a **large pinch of salt** and fill with water to cover the potatoes. Bring to a boil and cook the potatoes for about 15 minutes, or until fork tender. Remove pot from heat and using a slotted spoon, transfer the potatoes to a large bowl. Return the pot of water to the stovetop and bring back to a boil to use to cook the green beans. Add the **halved green beans** to the boiling water and cook for 2-3 minutes, until the beans are just tender. Remove from heat, drain and rinse the beans under cold water to stop cooking. Add the cooled beans, **diced red onion** and **diced celery** to the large bowl of cooked potatoes. Gently toss to combine.
3. In a small bowl, whisk together **1/3 cup sour cream, 1 TB mustard, 1 TB red wine vinegar, 4 TB olive oil, and salt & pepper to taste**. Pour over the potatoes/beans, sprinkle with **chopped parsley** and toss to combine well.
4. Season **chicken cubes** with **salt & pepper**. Heat **1 TB olive oil** in a large pan over medium high heat. Add chicken cubes and cook stirring often, until chicken cubes are cooked through, about 5-8 minutes.
5. Serve the cooked chicken cubes on a bed of the potato green bean salad.

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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Three-Cheese Turkey Manicotti & Salad

Prep time: 30 min
Cook Time: 45 min
Serves: 6

NUTRITION FACTS, PER SERVING:

647 calories
34g total fat
937mg sodium



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

Turkey Manicotti

- 12 uncooked manicotti shells
- Non-stick cooking spray**
- Aluminum foil**
- 1 lb. ground turkey
- 1 cup diced onion
- 3 oz. (2 cups) baby spinach, chopped
- 24 oz. marinara Sauce
- 1 tsp sugar**
- Turkey Manicotti Spice Blend (1/2 tsp Italian seasoning, 1/4 tsp onion powder, 1/4 tsp garlic powder)
- 2 cups shredded Monterey Jack cheese
- 15 oz. part-skim ricotta cheese
- 1/2 cup parmesan cheese, divided
- 1 large egg, beaten
- 1/4 cup fresh parsley, chopped

Salad

- Lettuce
- 1 cucumber
- Shredded carrots
- Favorite salad dressing**

DIRECTIONS:

1. Preheat oven to 350 degrees. Grease a 13x9 inch casserole dish with **non-stick cooking spray**. Cook **manicotti** according to package directions. Drain and set aside to fill.
2. In a large skillet over medium heat, cook **ground turkey** and **diced onion** until meat is no longer pink. Roughly chop **2 cups baby spinach** and add to pan. Stir to combine and cook for 2 minutes until spinach is wilted. Remove from heat and stir in the **marina sauce, 1 tsp sugar, Turkey Manicotti Spice Blend** and stir well to combine. Pour half of the mixture into the greased casserole dish.
3. In a large bowl, combine **1.5 cups Monterey Jack cheese** (reserving 1/2 cup of Monterey Jack for later), **ricotta cheese**, and **1/2 of the parmesan cheese, 1 egg beaten, and 1/4 cup chopped parsley**. Stir to combine. Stuff mixture into cooked manicotti shells with a small spoon OR by using a gallon Ziplock bag, place filling in bottom corner of bag and twist or secure with a clip to create a piping bag. Snip the bottom corner and gently squeeze filling into shells. Place filled manicotti shells in the baking dish in a single layer. Top with the **remaining turkey marina sauce** and sprinkle with **remaining parmesan cheese and 1/2 cup Monterey Jack cheese**. Cover dish with **aluminum foil** coated in **nonstick cooking spray**.
4. Bake at 350 degrees for 40 minutes or until bubbly. Remove from oven and let stand for 5 minutes before serving.
5. **Salad:** In a large bowl, toss all prepped salad ingredients with your **favorite salad dressing**.

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