



Sheet Pan Greek Chicken and Vegetables

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

580 calories

35g fat

900mg sodium



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

- 1.5 lbs. chicken breast, cubed
- 1 lb. red potatoes, cubed
- 2 zucchini, cubed
- 1 red bell pepper, cubed
- 1 eggplant, cubed
- 1/2 cup pitted kalamata olives

GREEK DRESSING

- 1/2 cup olive oil**
- 2 TB lemon juice
- 2 TB Greek Dressing Spice Blend (2 tsp oregano, 2 tsp dried onion, 1 tsp garlic powder)
- 1/4 teaspoon salt & pepper**

TOPPING

- 1/2 cup crumbled feta cheese

DIRECTIONS:

1. Preheat oven to 400 degrees. Line a large rimmed baking sheet with foil OR spray a 13x9x2 inch baking dish with cooking spray.
2. Wash and dry the **potatoes, zucchini, red bell pepper, and eggplant**. Cube the **potatoes** into even pieces 1/2 inch in size. Trim the ends off the **eggplant** and quarter lengthwise then cut into even pieces 1 inch in size. Dice **bell pepper** and **zucchini** into even pieces 1 inch in size.
3. Arrange **chicken cubes, cubed potatoes, zucchini, bell peppers, eggplant, and kalamata olives** on the baking sheet/dish.
4. Combine all ingredients for the **Greek Dressing** in a bowl and whisk well; pour over chicken and veggies on baking sheet/dish.
5. Bake for 30 minutes or until potatoes are tender and chicken is cooked through.
6. Remove from oven and sprinkle with **feta cheese** before serving.

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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Chinese Pepper Chicken

Prep Time: 10 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

394 calories

16g fat

683mg sodium



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

- 1.5 lbs. chicken breast strips
- 1/4 cup low sodium soy sauce
- 2 TB sugar**
- Chinese Pepper Chicken Blend (2 TB cornstarch & 1/2 tsp ground ginger)
- 3 TB vegetable oil, divided**
- 1 red onion, cut into 3/4 inch squares
- 4 bell peppers (2 red & 2 green), cut into 3/4 inch squares
- 2 tomatoes, cut into wedges
- Red Pepper Flakes, use desired amount
- 1 1/2 cups jasmine rice
- Pinch of salt**

DIRECTIONS:

1. **Jasmine Rice:** Rinse rice under cold running water. Combine rice with **2 1/4 cups water**, **1 TB olive oil** and a **pinch of salt** in a medium pot. Stir once, bring to a boil over high heat, then cover, reduce heat to low and simmer for 10-12 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
2. Whisk together **soy sauce**, **2 TB sugar**, and **Chinese Pepper Chicken Blend** in a bowl until the sugar has dissolved and the mixture is smooth. Place the **chicken strips** into the marinade, and stir until well-coated, set aside to marinate in the fridge. Chicken can be cooked immediately or marinated for up to 2 hours.
3. Rinse and cut the **tomatoes** into wedges. Dice **red bell and green bell peppers**, and **1 red onion** into 3/4 inch pieces.
4. Heat **1 TB of vegetable oil** in a wok or large non stick skillet over medium-high heat, and place **1/3 of the chicken breast strips** into the hot oil. (If your pan is large enough you can cook all the chicken at once.) Cook and stir until chicken is well-browned, about 3-5 minutes, remove the cooked chicken from the pan to a bowl. Repeat with the remaining chicken. Return all the **cooked chicken** to the hot pan, and stir in the **onions & peppers** and toss together, cooking until the onion begins to soften and the peppers have started to become tender, about 5 minutes, then add the **tomato wedges**, red pepper flakes, stir everything together and serve over **rice**.

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