



## Greek Turkey Burgers with Green Beans

Prep Time: 15 min

Cook Time: 40 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

492 Calories

31.42g total fat

486mg sodium



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

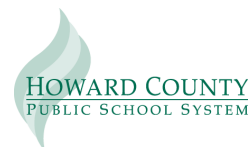
- 1.5 lbs. ground turkey
- 1 cup chopped spinach, reserving the remaining leaves for burger topping
- Greek Burger Blend
  - 1 TB panko bread crumbs
  - 1/4 tsp oregano
- 1/3 cup crumbled feta
- Salt & pepper, to taste\*\*
- 4 TB olive oil (divided)\*\*
- 1 lb. green beans, washed & trimmed
- 1 cup diced onion
- 1 clove garlic, minced
- 1 large tomato, diced
- 1 tsp sugar\*\*
- Tzatziki Sauce
- 4 Hamburger Buns

### DIRECTIONS:

1. Turkey Burgers: Chop enough **spinach** to equal 1 cup, reserve the remaining spinach leaves to use to top burgers. In a large mixing bowl combine the **1 cup chopped spinach, ground turkey, Greek Burger Blend, 1/3 cup feta, 1/4 tsp black pepper, and 1 TB olive oil** and mix to combine well. Form into 4 burgers.
2. Preheat grill. Sear **burgers** on grill 3 min, until they have changed color about one-quarter of way up from bottom. Turn over; sear 3 min on other side. Turn again; reduce heat to MEDIUM-LOW. Cook 8-10 min more until internal temperature reaches 165 degrees. Transfer to clean platter. **OR** Preheat oven to 425 degrees. Lightly coat a baking sheet with **1 TB olive oil** and place burgers on baking sheet. Bake 20 minutes, flipping halfway or until internal temperature reaches 165 degrees.
3. Green Beans: Wash and trim the green beans. Heat **2 TB olive oil** in a large skillet over medium heat. Add the **diced onions and 1 clove minced garlic** to the skillet and cook stirring frequently for 3 minutes. Add the trimmed **green beans, diced tomato, 1 tsp sugar, pinch of salt and pepper, and 1/4 cup water**. Reduce heat to medium low, cover and continue cooking 15 minutes, or until beans are desired tenderness.
4. Serve burgers on **buns**, with **tzatziki sauce** and **remaining whole baby spinach leaves**, with a side of green beans.

*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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## Buffalo Chicken Stuffed Peppers

Prep Time: 20 min

Cook Time: 1 hour

Serves: 4

### NUTRITION FACTS, PER SERVING:

374 calories

18.9 g fat

613 mg sodium



### DIRECTIONS:

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

- 6-8 poblano peppers
- Non-Stick Cooking Spray\*\*
- 1.5lbs. chicken breast (cooked & shredded)
- 1 TB olive oil\*\*
- Salt & Black Pepper\*\*
- 1/4 cup Frank's Buffalo sauce
- 1 1/4 cup Monterey jack cheese, shredded
- 3/4 cup blue cheese salad dressing
- 1/2 cup green onion tops, chopped

#### TACO-SEASONED RICE

- 1 cup long grain white rice
- 1 TB low-sodium taco seasoning, measure out
- 8 oz. can tomato sauce
- 1.5 cups water\*\*

1. Preheat oven to 425 degrees. Spray a baking sheet with **cooking spray** and lay thawed **chicken breast** on pan and coat both sides evenly with a **drizzle of olive oil** and a **pinch of salt & pepper**. Bake for 20-25 minutes or until internal temperature reaches 165 degrees F. Shred chicken using two forks or slice and chop into small pieces. In a medium bowl, mix the cooked chopped or shredded chicken, **1/4 cup Frank's Buffalo sauce** and **1 1/4 cups shredded cheese** together.
2. On a separate baking sheet coated with **cooking spray**, place whole **poblano peppers** and roast in the oven for 15-20 minutes until the skin is bubbly. Remove from oven and carefully peel/ scrape the loose, dark, waxy skin off as much of the peppers as possible and discard. Cut a slit in the peppers and use the tip of the knife to sever the seeds from the top of the pepper then remove the seeds. Keeping peppers in a bowl type shape to stuff or cut completely in half and chop if making casserole style.
3. **Taco-Seasoned Rice:** Combine **1.5 cups water**, **8 oz. can tomato sauce**, and **1 TB taco seasoning** in a medium sauce pan with a lid. Add rice and bring to a boil. Reduce to medium-low heat, cover, and cook for 10 minutes. Remove from heat and fluff with fork.
4. **STUFFED STYLE:** Scoop a portion of the cooked **Taco-seasoned rice** into each **pepper**, pressing lightly to fill out the bottom of the peppers then top with the **chicken mixture**. Place on a baking sheet and bake for 10-12 minutes, until bubbly and golden.  
**CASSEROLE STYLE:** Spray a baking dish with **non-stick cooking spray**. In a large bowl, combine chopped roasted **peppers**, cooked **Taco-Seasoned rice**, and **chicken mixture**. Toss to combine and pour into prepared baking dish. Bake for 10-12 minutes, until bubbly and golden.
5. Once the **stuffed poblano peppers/casserole** comes out of the oven, drizzle the tops with the **blue cheese dressing** and sprinkle with **chopped green onions**.

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