



Pineapple Chicken Tacos

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

420 calories

8g total fat

925mg sodium



DIRECTIONS:

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

- 2 TB vegetable oil**
- 1.5 lbs. Chicken Breast
- Salt & Pepper, to taste**
- 1 bunch green onions, thinly sliced
- 3 cloves garlic, minced
- 20 oz. can pineapple chunks in 100% juice, reserve juice & chop chunks
- 1/4 cup Cholula hot sauce, or to taste
- 3 TB honey
- 12 flour tortillas
- Pineapple chunks, thinly sliced
- Fresh cilantro, chopped

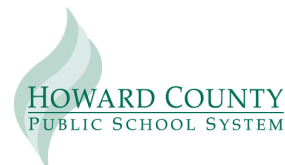
Broccoli Slaw:

- 12 oz. broccoli slaw
- 1/2 cup mayonnaise
- 1 TB chipotle in adobo sauce, or to taste
- 1 lime, zested & juiced

1. Preheat oven to 400 degrees. Drain **pineapple juice** from can into a small mixing bowl and add **1/4 cup Cholula (or to taste depending on spice preference), 3 TB honey** and whisk to combine, set aside to use in Step 3.
2. PREP PRODUCE & SET ASIDE: Chop **pineapple chunks** into smaller pieces. Thinly slice **green onions**, discarding root end and top 1/2 inch. Mince **3 cloves garlic**. Chop **cilantro leaves**. Zest and juice **lime**.
3. BROCCOLI SLAW: In a large bowl, whisk together **1/2 cup mayonnaise, 1 TB chipotle in adobo (or to taste depending on spice preference), zest of 1 lime, and lime juice**. Add in the **broccoli slaw** and toss to combine well.
4. In a large skillet, heat **2 TB vegetable oil** over medium high heat. Season both sides of **chicken breast** with **salt & pepper** to taste. Add chicken to pan, cook 5 minutes, turn over, and cook another 5 minutes. Add the **sliced green onions, minced garlic** and continue to cook another minute. Add the **pineapple juice mixture from Step 1** to the pan, bring to a simmer and cook for another 10 to 12 minutes. Once the chicken is cooked through, remove chicken from the pan to a cutting board. Lower the heat of the pan and continue cooking to reduce the sauce to a syrup consistency. Slice or dice the chicken.
5. Shingle the **tortillas** on a baking sheet and warm in preheated oven for 5 minutes.
6. To assemble the tacos, place warmed tortillas on a plate, add sliced chicken, spoon over some reduced sauce from skillet if desired, top with chopped **pineapple chunks, broccoli slaw, and cilantro**.

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.

Proudly Sponsored by:





Lemon Garlic Chicken and Summer Vegetable Pasta

Prep Time: 45 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

686 calories

31g total fat

715mg sodium



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

CHICKEN MARINADE:

- 1.5 lbs. Chicken Cubes
- 1/4 cup olive oil**
- 2 tsp Italian seasoning
- 2 cloves garlic, minced
- 1 lemon, juiced and zested
- 1 tsp honey
- 1/2 tsp salt and 1/4 tsp pepper**

- 1 lb. pasta
- 2 TB olive oil**
- 3 ears corn, husked and kernels cut off
- 1/2 cup red bell pepper, diced
- 1 pint cherry tomatoes, halved
- 1 cup diced zucchini
- 4 green onions, diced
- Salt & Pepper, to taste**
- 1/4 cup pasta cooking water**
- 1 cup crumbled feta cheese
- 2 TB basil, sliced into ribbons

DIRECTIONS:

1. CHICKEN MARINADE: In a large resealable gallon bag, combine **1/4 cup olive oil, Italian seasoning, 2 cloves minced garlic, 1 lemon juiced and zested, 1 tsp honey 1/2 tsp salt & 1/4 tsp pepper**. Seal and shake to combine. Add **chicken cubes** to the bag, seal and move the chicken around to coat in the marinade. Place in refrigerator and marinate for at least 30 minutes or up to 4 hours.
2. Shuck **corn** and cut off kernels from the cob, set kernels aside. Rinse **tomatoes** and cut in half, set aside. Chop **4 green onions** (white and green parts), set aside. Remove **basil** leaves from stem and stack, roll into a log and slice thinly to create ribbons, set aside.
3. Cook **pasta** according to package directions. **Reserving 1/4 cup pasta cooking water** before draining.
4. Remove **marinated chicken** from refrigerator. In a large sauté pan, heat **2 TB olive oil** over medium-high heat and add chicken cubes (discard marinade) and cook chicken 8-12 minutes, or until cooked through. Add **corn kernels, diced red pepper, halved cherry tomatoes, diced zucchini, and diced green onions** stirring to combine and cook for 3 minutes, or until zucchini is crisp tender. Season with **salt and pepper** to taste.
5. Toss **chicken/vegetable mixture** with **cooked pasta**, adding **up to 1/4 cup reserved cooking pasta water** to create a light sauce.
6. Serve topped with **crumbled feta cheese** and **thinly sliced basil**.

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.

Proudly Sponsored by:

