



Chicken Kebabs with Watermelon Salsa

Prep time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

311 calories

95 calories from fat

232 mg sodium



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

- 1.5 lbs. chicken cubes
- 8 ounces mushrooms (clean before use)
- 1 red onion, quartered
- 2 bell peppers, quartered
- 8 wooden skewers
- Salt & pepper, to taste**
- Drizzle of olive oil**

Watermelon Salsa:

- 4 cups cubed watermelon
- 1/2 cup diced yellow bell pepper
- 4 green onions, thinly sliced
- 2 TB cilantro, chopped
- 1 tsp fresh ginger (peeled and grated)
- 1/2 lime juiced
- 1 jalapeno pepper, seeded and minced

DIRECTIONS:

1. Preheat broiler to high or preheat grill depending on your cooking method. Soak **skewers** in water for 10 minutes.
2. Prep Produce: Remove any debris from the **mushrooms** with a damp paper towel. Quarter **bell peppers & red onion** and cut into 2 inch square sections. Cut **watermelon** into wedges and cube to make 4 cups. Slice **green onions** to make 2TB. Rinse and chop **cilantro leaves** to make 1 TB. Peel **ginger** and grate or finely dice. Mince **jalapeno** **Removing the white ribs and seeds reduces the heat level. Use caution when handling hot peppers and avoid touching your eyes/face afterwards.**
2. Watermelon Salsa: In a large bowl, combine **watermelon, diced yellow pepper, sliced green onions, chopped cilantro, grated fresh ginger, lime juice (1/2 lime), 1/8 tsp salt** and **minced jalapeno to taste** ; cover and chill until ready to serve.
3. Thread the **chicken cubes, mushrooms, quartered red onions** and **quartered bell peppers** onto skewers and season lightly with a drizzle of **olive oil** and **salt & pepper, to taste.**
4. Cover broiler pan with cooking spray. Place skewers on pan and broil 12 minutes, turning occasionally, until chicken is cooked through **OR** cook on grill over medium high heat until chicken is cooked through.
5. Serve with **watermelon salsa.**

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:





Skillet Mediterranean Chicken

Prep Time: 10 min

Cook Time: 30 min

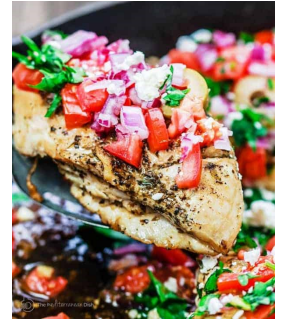
Serves: 4

NUTRITION FACTS, PER SERVING:

285 Calories

9.8 g fat

409 mg sodium



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

- 1.5 cups basmati rice, rinsed
- 1 TB butter or olive oil**
- 1/4 tsp salt**
- 4 Chicken Breast
- 2 garlic cloves, peeled & minced
- Salt & Pepper, to taste**
- 1 tsp dried oregano
- 2 TB olive oil**
- 1 cup chicken broth, or optional 1/2 cup chicken broth & 1/2 cup dry white wine**
- 1 lemon, juiced and zested
- 1 (14.5 oz) can diced tomatoes
- 1 cup red onion, diced
- 1/3 cup green olives, chopped
- Fresh parsley, chopped
- 1/2 cup feta cheese
- 1 lb. green beans

DIRECTIONS:

1. Pat **chicken breasts** dry and on both sides, rub with **minced garlic cloves, dried oregano** and season with **salt and pepper, to taste**.
2. In a large skillet, heat **2 TB olive oil** over medium high heat. Brown the chicken breast on both sides, about 3 minutes per side. Add **1/2 cup chicken broth** to the pan and let it reduce by half. Flip chicken over, then add the **remaining 1/2 cup chicken broth** or 1/2 cup dry white wine, the **juice of 1 lemon** and the can of **diced tomatoes**, stir to combine. Reduce heat to medium, cover with a lid. Cook for 3 minutes then turn chicken over and cook for an additional 3 minutes.
3. Uncover the skillet, top chicken with **diced red onions** and **chopped green olives**, cover, and cook 5 minutes longer or until chicken is done and has reached an internal temperature of 165 degrees.
4. Serve chicken over cooked rice and sprinkle with **chopped parsley** and **crumbled feta cheese** with green beans on the side.
5. **Rice:** In a medium saucepan, combine **2 1/4 cups water, basmati rice, 1 TB butter or olive oil**, and **1/4 tsp salt**. Bring to a boil, stir to combine, cover and reduce heat to a low simmer for 10 minutes, or until rice is tender. Remove from heat, let sit covered for 5 minutes, fluff with a fork before serving.
6. **Green Beans:** Wash and trim the end from the green beans. In a large sauce pot, bring **1.5 cups water** to a boil, add the trimmed green beans and cover with a lid. Steam for 5 minutes or until beans are fork tender. **OR** Place trimmed green beans in a micro-wavable safe dish with 1/4 cup water, cover and microwave 5 minutes. Remove from heat, drain and season with **salt & pepper** to taste, a drizzle of **olive oil**, and the **lemon zest**. Toss to combine.

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:

