



Chicken Cacciatore

Prep Time: 20 min

Cook Time: 45 minutes

Serves: 4

NUTRITION FACTS, PER SERVING:

406 Calories

8.3 g fat

663 mg sodium



DIRECTIONS:

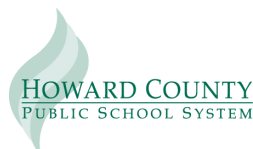
1. Prep produce and set aside: Mince **2 garlic cloves**. Chop **1/4 cup parsley leaves**. Stack **basil leaves** then roll together and thinly slice into ribbons to equal **1/4 cup**.
2. Heat **1 TB olive oil** in a large pan over medium-high heat. Add **chicken breasts** to pan and season with **salt & pepper**, to taste. Sauté for 2 minutes per side or until chicken is lightly browned on each side. Remove chicken from pan to a plate.
3. To the same pan, add **1 TB olive oil**, then add **diced onions**, and sauté for 5 minutes. Add **diced celery** and **minced garlic** and sauté for an additional 5 minutes. Season with **salt & pepper** to taste and add as much **red pepper flakes** for your desired spice level, starting with 1/4 tsp. Add **sliced basil, chopped parsley, 1/4 cup red wine vinegar, halved green olives, capers, 1 tsp sugar, can of tomatoes, and 1 bay leaf**. Stir to combine and then nestle chicken breasts back into sauce, pouring in any juices from the plate. Bring to a boil, cover and reduce heat to a simmer, cook for 20 minutes. Uncover and simmer 20 minutes longer or until chicken is cooked through and tender.
4. Cook **pasta** according to package directions.
5. Discard the bay leaf. Serve over cooked pasta and garnish with any remaining basil or parsley if desired.

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

- 2 TB olive oil, divided ******
- 1.5 lbs. chicken breast
- 1 cup onions, diced
- 2 garlic cloves, minced
- 1/2 cup celery, diced
- 1/4 cup fresh basil, sliced into ribbons
- 1/4 cup fresh parsley, chopped
- 1/4 cup red wine vinegar
- 1/3 cup green olives, halved
- 2 TB capers
- 1 tsp sugar******
- Red pepper flakes, to taste
- 14.5 oz. can Italian-style diced tomatoes
- 1 bay leaf
- Salt & pepper, to taste******
- 1/2 lb. spiral shaped pasta

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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Turkey Couscous Meatloaf with Apple Cranberry Relish

Prep Time: 20 min

Cook Time: 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

658 calories

16 g fat

725 mg sodium



INGREDIENTS: ** Items not included in kit

- 3/4 cups water**
- 1/2 cup couscous
- Non-stick cooking spray**
- 6 oz. zucchini, grated
- 1/2 cup finely diced red onion
- 1 tsp chopped fresh sage leaves, or to taste
- Salt & pepper, to taste**
- 1 lb. ground turkey
- 1 large egg, beaten
- 1/4 cup light brown sugar
- 2 TB mustard
- 1 TB ketchup
- 4 slices bacon
- 2 lbs. potatoes
- 2 garlic cloves, minced
- 2 TB olive oil**

Apple Cranberry Relish

- 14 oz. whole-berry cranberry sauce
- 1/2 Golden Delicious apple, diced
- 1/2 cup chopped walnuts, toasted
- 2 TB chives, chopped

DIRECTIONS:

1. **Apple Cranberry Relish:** In a large bowl, combine the ingredients listed and stir to combine. Serve relish alongside turkey meatloaves.
2. Bring **3/4 cup water** to a boil in a small saucepan. Stir in **couscous**, cover, and remove from heat; let stand 5 minutes.
3. Spray baking dish with **non-stick cooking spray**. Preheat oven to 425 degrees. Stack **sage leaves**, roll then chop to make 1 tsp or amount to taste, set aside. Beat **egg** in a small bowl, set aside.
4. Transfer **cooked couscous** to a large bowl and fluff with a fork. Stir in **grated zucchini, diced red onion, chopped sage leaves, salt and pepper** to taste and stir to combine. Add in the **ground turkey** and **beaten egg**. Mix well to combine. Shape mixture into 4 oval shaped meatloaves about 2 inches thick and transfer to the prepared baking dish.
5. In a small bowl, mix together **1/4 cup brown sugar, 2 TB mustard** and **1 TB ketchup** until smooth. Brush mixture over meatloaves to coat the outside. Then lay one **bacon slice** over each meatloaf in a V shape to cover the loaf, tucking ends of bacon under if needed. Brush bacon with remaining mixture. Place loaf in prepared baking dish. Bake 30-45 minutes or until meatloaves are cooked through.
6. **Roasted Potatoes:** Mince **2 garlic cloves**, set aside. Scrub **potatoes** clean. Peel if desired and cut into 1 inch pieces; place in a bowl with **2 TB olive oil**, pinch of **salt & pepper**, and **minced garlic**; toss until the potatoes are well coated. Transfer the potatoes to a baking dish coated with **cooking spray** and spread in an even layer. Roast in the 425 degree oven for 30 minutes or until browned and crisp.

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