



Turkey Cheeseburger & Sweet Potato Fries

Prep Time: 20 min

Cook Time: 40 min

Serves: 4

NUTRITION FACTS, PER SERVING:

545 calories

16.6 g fat

1,020 mg sodium



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

DIRECTIONS:

SWEET POTATO FRIES

- 4 sweet potatoes (about 1.75 to 2lbs.)
- 2 TB cornstarch
- 2 TB olive oil**
- Parchment paper or aluminum foil**
- Non-stick cooking spray**
- Sweet Potato Fries Spice Blend (1 tsp paprika, 1/2 tsp garlic powder)
- Salt & pepper, to taste**

TURKEY BURGER

- 1.5 lbs. ground turkey
- 1/4 cup plain non-fat Greek yogurt
- 2 TB finely diced onion
- 1 TB Worcestershire sauce
- 2 garlic cloves, minced
- Burger Spice Blend (1 cup panko bread-crumbs, 1 tsp dried parsley, 1/2 tsp poultry season)
- Salt & pepper, to taste**
- 1 TB olive oil**
- 4 slices cheddar cheese
- 1 large tomato, sliced
- 1/2 Red onion, sliced
- Lettuce leaves
- 4 English muffins

1. Preheat oven to 425 degrees. Line a large rimmed baking sheet with **parchment or aluminum foil**. Coat with **non-stick cooking spray**.
2. Peel **sweet potatoes** and cut them into even fry-shaped pieces, 1/4 inch wide & 1/4 inch thick, place in a large bowl. Toss fries with **2 TB cornstarch & 2 TB olive oil**. Toss until the fries are evenly coated and no powdery spots remain. Use your fingers to rub cornstarch into the fries. Transfer fries to the prepared baking sheet in a single layer. Bake for 20 minutes. Remove pan from oven and sprinkle **Fries Spice Blend** and **salt & pepper to taste** evenly over fries. Using a spatula, flip fries over. Return to oven and bake for 10-15 minutes longer or until fries are crispy. They will change from shiny orange to a more matte, puffed up texture when done.
3. In a large bowl, combine **ground turkey, 1/4 cup plain Greek yogurt, 2 TB finely diced onion, 1 TB Worcestershire, 2 garlic cloves minced, Burger Spice Blend**, and **salt & pepper to taste**. Mix until just combined. Divide mixture into 4 balls and then form into patties about 3/4 inches thick. Cover and place in fridge for 15 minutes to firm up or can be made earlier and kept in fridge until ready to cook.
4. Heat grill or skillet to medium-high heat and coat with **1 TB olive oil**. Cook for 8 minutes, flip and cook 5-8 minutes longer or until internal temperature reaches 165 degrees. Remove from heat, top burgers with **cheddar cheese** and cover by tenting with foil so it does not touch the cheese.
5. Toast **English muffins** in a toaster or 425 degree oven for 5 minutes. Slice **tomato**.
6. Serve **burgers** on toasted **English muffins**, with **sliced tomato, sliced red onion** and **lettuce** with a side of **sweet potato fries**.

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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Italian Baked Chicken Pasta

Prep Time: 15 min

Cook Time: 40 min

Serves: 4

NUTRITION FACTS, PER SERVING:

432 calories

19 g fat

674 mg sodium



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

- Non-stick cooking spray**
- 1.5 cups pasta
- 2 TB olive oil**
- 1.5 lbs. cubed chicken
- 1/2 cup diced onion
- 1 clove garlic, minced
- 1/2 cup diced red pepper
- Red pepper flakes, to taste
- 1 cup diced zucchini
- Salt & pepper, to taste**
- 14.5 oz. can diced tomatoes
- 1.5 cups mozzarella cheese
- 1/4 cup fresh parsley, chopped
- 1/3 cup bread crumbs
- 1/3 cup parmesan cheese
- 2 TB butter, cubed in small bits**

DIRECTIONS:

1. Preheat oven to 400 degrees. Spray a 9x13 inch baking dish with **non-stick cooking spray**. Prep produce: Mince **1 clove garlic**. Chop **parsley leaves** to make 1/4 cup.
2. Bring a medium pot of salted water to a boil over high heat. Add **1.5 cups pasta** and cook until just under al dente, about 5 minutes. Drain pasta and put in a large mixing bowl.
3. In a sauté pan over medium heat, add **2 TB olive oil, cubed chicken**, season with **salt & pepper** and cook for 8 minutes. Add the **diced onions, 1 clove minced garlic, diced red peppers, diced zucchini**, season with **salt & pepper** and **red pepper flakes** to taste, and cook for 5 minutes until chicken is no longer pink and onions have softened. Remove pan from the heat and combine with cooked pasta in the large mixing bowl.
4. To the mixing bowl add **can of diced tomatoes** and add a small amount of water to the can & stir to get **remaining tomato juice, 1.5 cups mozzarella cheese, 1/4 cup chopped parsley**, and toss to combine. Pour mixture into greased baking dish.
5. In a small bowl, mix together **1/3 cup bread crumbs** and **1/3 cup Parmesan cheese**. Sprinkle over the top of the pasta mixture. Dot the top with small bits of **butter**. Bake until top is golden brown, about 20-30 minutes.

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