



## Blackened Chicken Tacos

Prep Time: 10 min

Cook Time : 20 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

375 calories

20 g fat

160 mg sodium



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

- 1.5 lbs. Chicken Cubes
- 2-3 TB Olive Oil\*\*
- 1 TB Blackened Seasoning (1/2 tsp salt, 1/2 tsp black pepper, 1 tsp paprika, 1/4 tsp garlic powder, 1/8 tsp cayenne pepper, 1/4 tsp oregano)
- 12 Corn Tortillas
- 1 Cup Red Cabbage, shredded
- 4 Green Onions, thinly sliced
- 1 Cup Cheddar Cheese, shredded
- 1/4 Cup Cilantro, chopped and separate out 1TB

#### Avocado Sauce

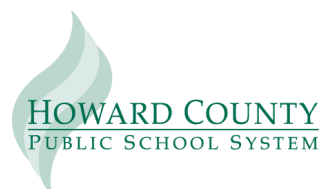
- 1 Avocado, peeled and pitted
- 3 TB Plain Greek Yogurt
- 1 Lime, cut in half and squeeze out 2TB lime juice
- 1 TB Cilantro, chopped

### DIRECTIONS:

1. Place chicken cubes in a large bowl and sprinkle **blackened seasoning** over and toss to combine.
2. Place **oil** into nonstick skillet and heat to medium heat. Add **coated chicken cubes** and cook 8-12 minutes, stirring to cook all sides or until done, breaking any larger cubes into smaller pieces
3. To prepare the **Avocado Sauce**: in a food processor/blender/small bowl (mash with fork), place the **avocado flesh, yogurt, lime juice, and 1 TB cilantro** and process/mash until smooth and thoroughly combined.
4. Warm the **tortillas** by wrapping the stack of tortillas in damp paper towels or a damp kitchen towel, then wrap in plastic wrap and place on a microwavable safe plate and microwave until warm and flexible 30-60 seconds OR warm on the stovetop by cooking 1 minute per side on medium high heat in a pan.
5. To assemble the tacos, place **cooked chicken cubes** in a **tortilla** and top with **cabbage, chopped cilantro, sliced green onions, shredded cheese, and avocado sauce**.

*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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## Ground Turkey Spaghetti

Prep Time: 10 min

Cook Time: 40 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

711 Calories

20.29 g fat

660 mg sodium



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

- 1 lb. ground turkey
- 4 TB olive oil, divided\*\*
- 4 garlic cloves, minced
- 1/2 cup diced onions
- 1/2 cup diced green peppers
- 8 oz. mushrooms, remove stems and dice mushroom caps
- Spaghetti Spice Blend (1/4 tsp dried oregano & 1/4 tsp dried basil)
- 24 oz. Marinara Sauce
- 1/2 cup parmesan cheese, divided
- 1 lb. spaghetti
- Salt & pepper, to taste
- 1 lb. Green Beans
- 1/2 tsp red pepper flakes

### DIRECTIONS:

1. In a large skillet heat **2 TB olive oil** over medium heat. Season the **ground turkey** with **salt** and **pepper** and add to the skillet. Cook for 10 minutes breaking it up until the turkey browns and is no longer pink.
2. Add **diced onions, diced green pepper, 2 cloves minced garlic** and **diced mushrooms** and cook 5 minutes. Add the **Spaghetti Spice Blend** and **marinara sauce** and stir to combine well. Bring mixture to a slow simmer, reduce heat to low and cover. Let the sauce cook for 20 minutes.
3. In a large pot, bring **water** to a boil, add a **1/2 tsp salt** and desired amount of **spaghetti**. Cook spaghetti according to package instructions. When the spaghetti is done, drain well and set aside.
4. While the pasta cooks, in a large skillet over medium-high heat add **2 TB olive oil** and **1/2 tsp red pepper flakes** and stir to coat for 30 seconds. Add the trimmed **green beans** and cook stirring to coat the beans in the oil for 5 minutes. Add **2 cloves minced garlic** and season with **salt and black pepper to taste**, stir to combine and cook for 2 minutes. Add **2 TB water** and cover the pan with lid and continue to cook covered for 3-5 minutes until beans are crisp tender.
5. Add **1/4 cup of parmesan cheese** to the meat sauce and stir well to combine. Sprinkle remaining **1/4 cup of parmesan cheese** on top when serving.
6. To serve: divide **pasta** among 4 bowls, top with **meat sauce** and sprinkle with **parmesan cheese**. Serve **green beans** alongside.

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