



Chicken Apple Burger with Roasted Broccoli

Prep Time: 10 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

385 calories

12 g total fat

485 mg sodium



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

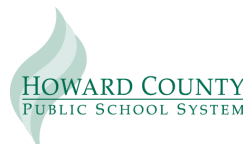
- 2 apples
- 1 cup panko bread crumbs
- 1 TB rotisserie chicken seasoning
- 1/4 cup celery, finely diced
- 1/4 cup onion, finely diced
- 1.5 lbs. ground chicken
- 4 hamburger buns
- 1/2 cup cranberry sauce
- Lettuce leaves
- 1 lb. broccoli florets
- 2 TB olive oil**
- Salt & Pepper, to taste**
- Non-stick cooking spray**
- 1/4 cup parmesan cheese

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. **Thinly slice one apple.** Peel and coarsely **grate the other apple** into shreds.
3. In medium bowl, stir **grated apple, 1 cup breadcrumbs, 1 TB rotisserie chicken seasoning,, 1/4 tsp black pepper, and diced onions & celery** until blended. Mix in **ground chicken** until just combined. Shape mixture into burger patties.
4. Preheat grill or indoor grill pan to medium-high heat until hot. Place **chicken burgers** on grill pan/grill; cook 15 minutes or until chicken is no longer pink in color, turning over once after 8 minutes **OR** place on a sheet pan sprayed with **non-stick cooking spray** and bake at 425 degrees for 12 minutes, then turn over and bake for an additional 10 minutes, until chicken burger is cooked through.
5. On a baking sheet coated with **non-stick spray**, toss **broccoli with 2 TB olive oil, pinch of salt and 1/4 tsp black pepper.** Spread out into an even layer and roast for 15 minutes. Remove pan from oven and sprinkle **parmesan cheese** over broccoli. Return to oven for 2 to 3 minutes to melt the cheese.
6. Serve cooked burgers on toasted **buns** with **apple slices, lettuce** and **cranberry sauce** with a side of roasted broccoli.

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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San Francisco Pork Chops with Roasted Sweet Potatoes

Prep Time: 15 min

Cook Time: 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

450 calories

9 g fat

861 mg sodium



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

- 1 TB vegetable oil or olive oil**
- 4 boneless pork chops
- 1 clove garlic, minced
- 1 cup low sodium beef broth
- 1/4 cup low sodium soy sauce
- 2 TB brown sugar
- 2 tsp vegetable oil or olive oil**
- 1/4 tsp red pepper flakes
- 2 tsp cornstarch
- Green onions, thinly sliced
- Sweet potatoes, peeled & diced into 1 inch cubes
- Salt & pepper**
- 2 TB olive oil**
- Cooking spray**

DIRECTIONS:

1. Preheat oven to 425 degrees. Peel and dice the **sweet potatoes** into 1 inch cubes. Toss in a bowl with **2 TB olive oil**, **1/4 tsp salt** and **1/4 tsp black pepper**. Place on a baking sheet or ovenproof dish coated with **cooking spray** and roast for 25 minutes or until tender and caramelized on the edges. Serve alongside the pork chops.
2. Heat **1 TB oil** in a skillet over medium-high heat. Brown **pork chops** in pan, about 5 minutes per side; remove pork to a plate, reserving oil in skillet.
3. Cook **1 clove minced garlic** in reserved drippings until fragrant, about 1 minute. Whisk **1 cup beef broth**, **soy sauce**, **brown sugar**, **2 tsp oil**, and **1/4 tsp red pepper flakes** in a bowl, dissolving brown sugar. Return **pork chops** to skillet and pour **sauce mixture** over the chops. Bring sauce to a boil, cover with a lid, and reduce heat to low. Simmer chops until tender, about 30 minutes, turning once halfway through cooking.
4. Thinly slice the **green onions**, discarding the bottom root end and the top 1/2 inch. Set aside to sprinkle over pork chops before serving.
5. When pork chops are done, transfer cooked pork chops to a serving platter. Whisk **cornstarch** and **2 TB water** in a small bowl until smooth creating a slurry; stir slurry into pan juices and simmer until thickened, about 5 minutes. Pour **sauce** over **pork chops** and top with **sliced green onions**.

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