



Garlic Butter Chicken with Lemon Olive Dressing

Prep Time: 20 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

449 calories

18.9 g fat

613 mg sodium



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

- Non-stick cooking spray**
- 1.5 lbs. chicken breast
- 2 TB olive oil**
- Salt & pepper, to taste**
- 5 cloves garlic, 2 minced + 3 left whole
- 1/4 cup fresh parsley, chopped
- 2 TB fresh oregano, chopped
- 2 lemons, each sliced into 6 slices
- 3 TB butter, sliced into 4 slices**
- 1.5 cups basmati rice
- 4 oz. goat cheese, crumbled

Dressing:

- 1/3 cup olive oil**
- 1/2 cup fresh parsley, chopped
- 2 TB fresh oregano, chopped
- 1/2 cup fresh basil, chopped
- 1/2 cup green olives, chopped
- 2 TB apple cider vinegar
- Salt, to taste**
- Crushed red pepper flakes, to taste

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Spray a baking sheet with **non-stick cooking spray** and lay thawed **chicken breast** on pan and coat both sides evenly with a **drizzle of olive oil** and a **pinch of salt & pepper**. Sprinkle over **2 minced garlic cloves**, **1/4 cup chopped parsley leaves**, and **2 TB chopped oregano leaves** and toss to evenly coat the chicken. Nestle the **lemon slices** and **3 whole cloves garlic** around the chicken. Add **1 slice of butter** to the tops of each piece of chicken. Bake for 35-45 minutes or until internal temperature reaches 165 degrees.
3. **Basmati Rice:** Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water**, **1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
4. **Dressing:** In a bowl, whisk together **1/3 cup olive oil**, **1/2 cup parsley chopped**, **2 TB oregano chopped**, **1/2 cup fresh basil chopped**, **1/2 cup green olives chopped**, **2 TB apple cider vinegar**, **salt & crushed red pepper flakes** to taste.
5. When chicken is done, remove **3 lemon slices** and **3 whole cloves garlic** from the pan to a cutting board. Discard any lemon seeds and the paper from the garlic. Finely chop/mash the garlic cloves & lemon slices, rind and all, discarding any of the seeds. Add mixture to the dressing and stir to combine. Note: If you would like more lemon flavor you can chop/mash the additional lemon slices.
6. To serve, plate rice and chicken breast, sprinkle with crumbled **goat cheese** and spoon over dressing.

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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Cheesy Meatloaf and Squash Gratin

Prep Time: 15 min

Cook Time : 60 min

Serves: 4

NUTRITION FACTS, PER SERVING:

577 calories

24.4 g total fat

882 mg sodium



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

Meatloaf

- 1 cup onion, chopped
- 2 garlic cloves, minced
- 1/2 cup ketchup, divided
- Meatloaf Spices (1 TB dried parsley, 1/2 tsp dried oregano, 1/2 cup panko breadcrumbs)
- Meatloaf Cheeses (2 TB Parmesan cheese & 1/3 cup cheddar cheese)
- 1 TB horseradish
- 1 TB mustard
- Salt & pepper**
- 1 large egg, lightly beaten
- 1.5 lbs. lean ground beef
- Non-stick cooking spray**

Squash Gratin

- 2 TB butter**
- 2 medium zucchini, sliced
- 2 medium yellow squash, sliced
- 1 shallot, minced
- 2 garlic cloves, minced
- Salt and black pepper**
- 1/2 cup half & half
- 1 cup panko, divided
- 1/2 cup grated Parmesan cheese, divided
- Non-stick cooking spray**

DIRECTIONS:

Meatloaf:

1. Preheat oven to 375°. Coat a baking dish with **non-stick cooking spray**.
2. In a large bowl, combine **diced onions, 2 cloves minced garlic, 1/4 cup ketchup, Meatloaf Spices, Meatloaf Cheeses, horseradish, mustard, pinch of salt & black pepper**, and **beaten egg**; stir to combine. Add **ground beef**. Mix well to combine all ingredients. Shape into one large loaf and place in the baking dish coated with non-stick cooking spray; spread remaining **1/4 cup ketchup** over the loaf. Bake at 375° for 60 minutes or until done.

Squash Gratin:

1. Peel and mince the **shallots** and **2 cloves garlic**. In a large skillet, melt **2 TB butter** over medium heat; add **zucchini, yellow squash, minced shallots**, and **2 cloves minced garlic**. Season with a pinch of **salt & black pepper**. Cook, stirring occasionally, for 3 minutes.
2. Add **1/2 cup half & half**, and cook until thickened, about 5 minutes. Remove skillet from heat; stir in **1/2 cup panko (measure out)** and **1/4 cup Parmesan (measure out)**.
3. Spoon mixture into a shallow 2-quart baking dish coated with **non-stick cooking spray**. Sprinkle with remaining **1/2 cup panko** and **1/4 cup Parmesan**. Bake in the oven at 375 degrees until top is golden, 10 to 15 minutes.