



Chicken Lettuce Wraps

Prep Time: 15 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

310 calories

15 g fat

450 mg sodium



INGREDIENTS: ** Items not included in kit

SAUCE:

- 3 TB Thai Sweet Chili Sauce
- 3 TB Hoisin Sauce
- 3 TB Low Sodium Soy Sauce
- 2 TB Sriracha, use desired amount
- 2 TB Vegetable Oil**
- 1 tsp Sesame Oil
- 1.5 TB Rice Vinegar
- 2 cloves minced garlic
- 1 TB fresh ginger, peeled and minced

FILLING:

- 1.5 lbs. Ground Chicken
- 2 TB Vegetable Oil**
- 1 bunch Green Onions, thinly sliced
- 2 cloves minced garlic
- 1 TB fresh ginger, peeled and minced
- 8 oz. White Button Mushrooms, cleaned and finely dice
- 1 (8oz. Can) Water Chestnuts, drained and diced
- 1 cup Red Bell Pepper, finely diced
- 2 Heads Butter Lettuce Leaves

DIRECTIONS:

1. SAUCE: In a bowl, combine all of the "Sauce" ingredients and whisk to combine. Set sauce aside. **Note: use desired amount of sriracha based on your preferred spice/heat level.**
2. Prep the produce: Mince the 4 **garlic cloves**, peel and grate/ mince the **ginger**. Clean **mushrooms** of debris, remove stems and then finely dice the caps. Drain and dice the **water chestnuts**, thinly slice the **green onions**, keeping white parts and green parts separate. Separate the **lettuce leaves** into whole leaves from the head. Rinse and dry the leaves.
3. FILLING: In a large skillet, heat **2 TB vegetable oil** over medium high heat. Add the ground chicken and **2 TB of the SAUCE** and cook, breaking up the meat, until browned, about 6 minutes. Then add the **white parts of the green onions, 2 cloves minced garlic, 1 TB minced ginger**, and cook stirring for 1 minute. Then add the **diced mushrooms** and cook for 5 minutes longer. Then add the **diced water chestnuts, diced red bell pepper, and the remaining SAUCE** and cook, stirring until the liquid has reduced slightly and the sauce has thickened, about 5 minutes. Remove pan from heat and stir in the **green parts of the green onions**.
4. To serve, spoon several tablespoons of the chicken mixture into the center of the lettuce leaf (taco style).

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, Kale & Black Bean Chipotle Tacos

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

419 calories

9.78 g fat

722 mg sodium



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

- 1 lb. ground turkey
- 2 garlic cloves, minced
- 1 cup onion, diced
- Turkey Chipotle Taco Seasoning (1 TB chili powder & 2 tsp ground cumin)
- 1/4 pound kale, chopped (wash and dry before using)
- 1 TB chipotle chilies in adobo sauce (Chipotles are smoked dried jalapenos and can be moderate to spicy hot. Use amount based on preferred spice level.)
- 15 oz. can tomato sauce
- 15.5 oz. can black beans, drained & rinsed
- 12 flour tortillas
- 1 cup shredded cheddar cheese
- 1/2 pint cherry/grape tomatoes, halved
- Avocado, thinly sliced
- Salt & Pepper, to taste**

DIRECTIONS:

1. In a large sauté pan, combine **ground turkey, 2 cloves minced garlic, diced onion, and Turkey Chipotle Taco Seasoning**. Cook over medium-high heat, stirring often, until meat is lightly browned, 8-10 minutes.
2. Separate **kale** leaves by pulling off from the rib, discard the rib. Wash and dry the kale leaves. While meat browns, chop the **kale leaves to equal 2 cups (or more if desired)**.
3. To the cooked turkey add **chopped kale, chipotle in adobo sauce** (use amount based on preferred spice level), drained and rinsed can **black beans** and can **tomato sauce** and stir. Cover and simmer over medium heat, stirring occasionally, until kale is wilted, about 10 minutes. Season with **salt & pepper** to taste.
4. Warm **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 microwave safe plate. Microwave 30 to 60 seconds until tortillas are warm and flexible.
5. Spoon taco mixture into **warmed tortillas** and top with **shredded cheese, halved tomatoes and thinly sliced avocado**.

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