



Honey Balsamic Sheet Pan Chicken

Prep Time: 40 min

Cook Time: 1 hr & 10 min

Serves: 4

NUTRITION FACTS, PER SERVING:

643 Calories

16.77 g total fat

460 mg sodium



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

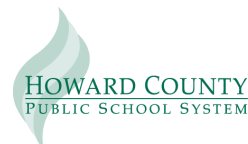
- 1/4 cup balsamic vinegar
- 6 TB honey
- 3 TB olive oil, divided**
- 2 cloves garlic, minced
- Honey Balsamic Chicken Spice Blend (1 tsp dried thyme & 1/2 tsp dried rosemary)
- 1/4 tsp kosher salt & 1/4 tsp black pepper**
- 1/4 tsp red pepper flakes
- 1.5 lbs. chicken breasts
- 1.5 lbs. red potatoes, cut into 1.5 inch wedges/cubes (**wash before cutting**)
- 1 pint cherry tomatoes (**wash before using**)
- 1 lb. green beans (**wash and trim before using**)

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. In a medium bowl, combine the **balsamic vinegar, honey, 1TB olive oil, 2 cloves minced garlic, Spice Blend, 1/4 tsp red pepper flakes, 1/4 tsp salt and 1/4 tsp pepper**. Mix to combine.
3. Place **chicken breasts** in a Ziploc bag and pour the marinade over. Seal and toss the chicken to evenly coat. Marinate in the refrigerator for at least 30 minutes.
4. While the chicken marinates, prepare the **potatoes, tomatoes, and green beans** as listed in the ingredients.
5. On a large sheet pan, combine the **quartered potatoes, tomatoes, trimmed green beans** and drizzle with **2 TB olive oil and 1/4 salt & 1/4 tsp black pepper**. Toss to combine.
6. Remove the marinated **chicken breasts** from the plastic bag. Place the marinated chicken evenly spaced, nestled in the vegetables. Bake for 45 minutes or until the internal temperature of the chicken reaches 165 degrees.

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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Mediterranean Burger with Zucchini Rice

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

576 Calories

18 g fat

1050 mg sodium



INGREDIENTS: ** Items not included in kit

- 1.5 lbs. ground beef
- Mediterranean Spice Blend
 - 3/4 tsp ground cumin
 - 1 tsp dried parsley
 - 1.5 tsp dried oregano
 - 1 tsp granulated garlic
- Salt & pepper, to taste**
- 1/4 cup onion, finely diced
- 2 zucchini, diced
- 1 TB olive oil**
- 1 box Rice Pilaf or Couscous
- 4 pitas, cut in half
- Lettuce leaves
- Large tomato, sliced
- 1/2 cup Tzatziki sauce
- 1/2 cup crumbled feta

DIRECTIONS:

1. In a large bowl, combine **ground beef, Mediterranean Spice Blend, salt & pepper** to taste, and **1/4 cup finely diced onion**. Using your hands, mix ingredients until evenly distributed. Form into 1/2 inch thick patties, about 2.5 inches in diameter.
2. Burgers can be cooked on a grill/grill pan until internal temperature reaches 145 degrees. To cook in the oven—preheat to 425 degrees. Place burgers on a rimmed sheet pan and bake 15-20 minutes, flipping halfway until cooked through.
3. Heat **1 TB olive oil** in a sauté pan over medium high heat. Add **diced zucchini** and season with **salt & pepper** to taste. Cook stirring often until softened, about 5-8 minutes.
4. Cook **rice pilaf/couscous** according to package directions, fluff with a fork and toss in sautéed zucchini.
5. To assemble burgers, cut a **pita** in half, place 2 **burgers** inside pita half and add desired amount of **lettuce leaves, sliced tomato, Tzatziki sauce** and **crumbled feta**. Enjoy alongside zucchini rice pilaf.

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