



## 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
- 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. baby red potatoes, quartered (**wash and quarter the potatoes**)
- 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, garlic, spice blend, red pepper flakes, salt and pepper**. Stir well to mix.
3. Place **chicken breasts** in a Ziploc bag and pour the marinade over the top. 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, on top of the vegetables. Return the sheet pan to the oven and bake for 45 minutes or until the internal temperature of the chicken reaches 165 degrees.
7. Allow the chicken to rest for 5 –10 minutes. Serve and spoon juices over each chicken breast.

*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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## Moussaka

Prep Time: 40 min

Cook Time: 1 hour

Serves: 8

### NUTRITION FACTS, PER SERVING:

283Calories

16 g fat

452 mg sodium



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

- 1 eggplant (sliced crosswise 1/4" thick )
- 1.5 lbs. zucchini (sliced crosswise 1/4" thick )
- Salt and Pepper\*\*
- 1/4 cup extra virgin olive oil\*\*
- 1 bunch scallions, thinly sliced
- 3 cloves garlic, minced
- 1 lb. ground beef
- 1 (15 oz.) can crushed tomatoes
- 1 cup shredded swiss cheese
- 1 pint cottage cheese
- Parchment paper or Aluminum foil sprayed with cooking spray\*\*

### DIRECTIONS:

1. Place the **sliced eggplant** and **sliced zucchini** in two separate large bowls and season with **salt**. Let it stand for 40 minutes to pull the moisture out of the vegetables. Rinse the vegetables with water and pat dry. After they are dried, toss the vegetables with **3 TB olive oil**.
2. Preheat oven to 500 degrees. Line 2 baking sheets with parchment paper or aluminum foil sprayed with cooking spray. Arrange in a single layer the **vegetables** on the prepared baking sheets. Roast until golden, about 20 minutes.
3. While the vegetables are roasting, in a large skillet heat the remaining **1 TB olive oil** over medium heat. Add the **scallions** and **garlic** and cook for 2 minutes; add the **ground beef** and cook breaking up the meat, for about 4 minutes. Add **15 oz crushed tomatoes** and simmer until thickened, about 10 minutes. Season with **salt** and **pepper**.
4. Once the vegetables are roasted, transfer them to a 9 x 11 baking dish and lower the oven temperature to 350 degrees.
5. Spoon the **meat sauce** over the **eggplant** and **zucchini**. Top with half of the shredded **swiss cheese**.
6. Using a food processor or blender, puree the **cottage cheese**. Spoon the puree onto the moussaka and spread over the meat sauce. Top with the remaining **swiss cheese** and bake for 20 minutes.
7. Turn the oven to broil and broil for 2 minutes or until the top is nice and browned. Let it stand for 10 minutes before slicing.

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