



Tuscan Chicken with Couscous and Summer Vegetables

Prep Time: 15 min

Cook Time : 35 min

Serves: 4

****NUTRITION FACTS, PER SERVING:**

540 calories

9 g total fat

270 mg sodium



INGREDIENTS: ** Items not included in kit

- 1.5 lbs. skinless chicken breasts
- 1.5 TB Tuscan Spice blend (1/2 tsp fennel, 1 tsp basil, 1 tsp oregano, 1 tsp garlic powder, 1/2 tsp rosemary)
- 1 cup Israeli pearl couscous
- 1 1/2 cups water**
- 3 TB raisins
- 8 oz green beans (washed, trimmed and cut into 2 inch pieces)
- 1 zucchini, sliced
- 2 garlic cloves, smashed
- 1/2 cup grated parmesan cheese
- 1/2 tsp red pepper flakes
- 2 TB red wine vinegar
- 1 pint cherry/grape tomatoes
- Olive oil, salt & pepper*

DIRECTIONS:

1. Wash and dry the **tomatoes** and **green beans**. Halve the **tomatoes** and place them in a bowl and season with **salt** and **pepper**. Trim the ends off the **green beans** and cut into 2 inch pieces, and set aside to add to couscous later.
2. In a medium pot bring **1.5 cups water** and **1/2 tsp salt** to boiling on high. Add the **couscous** and cook for 5 minutes. Add the washed and trimmed **green beans** and continue to cook for 5 more minutes, or until tender. Turn off the heat, drain thoroughly if there's still some liquid. Return to the pot. Add the **raisins** and a drizzle of **olive oil**. Stir to combine and season with **salt** and **pepper** to taste. Cover and keep warm.
3. Pat the **chicken** dry with paper towels; season on both side with a pinch of **salt & pepper** and **Tuscan Spice Blend** to lightly coat the chicken (don't overcoat with the spice blend, you will have extra). In a medium pan, heat **1 TB olive oil** on medium high until hot. Add the **seasoned chicken** and cook 6-7 minutes per side, until browned and cooked through OR preheat oven to 425 and place chicken on an oiled baking sheet/baking dish and cook for 20-30 minutes in the oven. Transfer the chicken to a plate and cover with foil.
4. Peel the **garlic** and using the flat side of a knife smash the clove. Add **1 TB olive oil** to the pan where you cooked the chicken and heat on medium high. Add the sliced **zucchini** and smashed **garlic**. Cook stirring for 3-4 minutes or until lightly browned. Add the **seasoned tomatoes** and as much **pepper flakes** as you'd like depending on how spicy you like it. Cook for 2 minutes. Turn off the heat and add the **vinegar**. Carefully remove and **discard** the smashed **garlic**.
5. Slice the cooked chicken crosswise. Serve the cooked couscous and green beans topped with the cooked vegetables and sliced chicken. Garnish with the **parmesan cheese** and a drizzle of **olive oil**.

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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Beef Fajitas

Prep Time: 30-40 min

Cook Time: 15 min

Serves: 4

NUTRITION FACTS, PER SERVING:

377 calories

16.35 g total fat

702 mg sodium



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

- 1 TB vegetable oil or olive oil**
- 1.5 lb. beef strips
- 1 large yellow onion, peeled and sliced
- 2 bell peppers (stemmed, seeded, de-ribbed & sliced lengthwise into strips)
- 8 fajita size flour tortillas
- 1 cup shredded cheddar cheese for topping
- Fresh cilantro, minced for topping
- Sour cream for topping
- Salsa for topping

Marinade Ingredients:

- Juice of 1 lime
- 2 TB olive oil or vegetable oil**
- 2 cloves garlic, minced
- 2 TB Fajita Spice Blend (1 tsp ground cumin, 1 TB chili powder, 1 tsp paprika, 1/2 tsp onion powder)
- 1/2 tsp red pepper flakes (use amount based on your desired heat level)
- 1/4 cup chopped fresh cilantro, including stems
- 1/4 tsp salt & 1/8 tsp black pepper**

DIRECTIONS:

1. Mix all **marinade ingredients** in a large Ziploc bag. Add the **beef strips** and let marinate for 30 minutes or longer in the refrigerator.
2. Heat **1 TB oil** in a large nonstick skillet over medium high heat. Add **onions** and **peppers** and sauté stirring for 3-4 minutes until soft. Transfer to a bowl and set aside.
3. Add the **beef strips** to the skillet and cook stirring for 10-12 minutes until they lose the red color.
4. Return **onions** and **peppers** to the skillet and toss with the meat for about 1 minute.
5. Wrap **tortillas** in foil and place in a 350 degree oven for 5-10 minutes or until heated through.
6. To serve: spoon a portion of the beef/pepper/onion mixture down the center of each tortilla, top with **salsa/sour cream/shredded cheddar cheese/minced cilantro** and fold bottom of tortilla up over the filling.

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