



Chicken Kebabs With Watermelon Salsa

Prep time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

311 calories

95 calories from fat

232 mg sodium



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

- 1.5lbs chicken cubes
- 8 ounces mushrooms (rinse before use)
- 1 red onion quartered
- 2 bell peppers (prepped and ready to be quartered)
- 4 cups cubed watermelon
- 1/2 cup diced yellow bell pepper
- 4 green onions, thinly sliced
- 2 TB cilantro, chopped (wash and dry before use)
- 1 tsp fresh ginger (peeled and grated)
- 2 tsp mirin
- fresh lime juice, 1/2 lime
- 1 jalapeno pepper, seeded and minced (see handling hot peppers warning below)
- 8 Wooden skewers
- Salt & pepper, to taste**

DIRECTIONS:

1. Preheat broiler to high. Soak **skewers** in water for 10 minutes.
2. Quarter the **bell peppers**. Cut **watermelon** into wedges and cube to make 2 cups. Slice **green onions** to make 2TB. Rinse and chop **cilantro** to make 1 TB. Peel **ginger** and grate or dice finely. Mince **jalapeno** **Removing the white ribs and seeds reduces the heat level. Use caution when handling hot peppers, you may want to use gloves to seed and dice the pepper and avoid touching your eyes afterwards.**
2. To prepare **salsa**: combine cubed **watermelon**, diced **yellow pepper**, sliced **green onions**, chopped **cilantro**, grated fresh **ginger**, **mirin**, **lime juice (1/2 lime)**, 1/8 tsp **salt** and minced **jalapeno** ; cover and chill until ready to serve.
3. Thread the **chicken**, **mushrooms**, **onions** and **quartered bell peppers** onto skewers and season lightly with **salt** and **pepper**.
4. Cover broiler pan with cooking spray. Place skewers on pan and broil 12 minutes, turning occasionally, until chicken is cooked through OR cook on grill.
5. Serve with **watermelon salsa**.

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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Honey Garlic Shrimp and Cheesy Zucchini Rice

Prep time: 15 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

470 calories

20g fat

620mg sodium



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

Honey Garlic Shrimp

- 1lb Shrimp
- 1.5 TB honey
- 1/2 lemon, juiced
- 1/8 tsp cayenne pepper
- 1.5 TB olive oil**
- 3 garlic cloves, minced
- 1 TB butter**
- 1 TB parsley, chopped
- 1/2 lemon, juiced
- Salt & pepper, to taste**

Cheesy Zucchini Rice

- 2 TB butter or olive oil**
- 1 garlic clove, minced
- 2 cups vegetable broth
- 1 cup jasmine rice
- 2 zucchini, shredded
- 1 cup cheddar cheese, shredded
- Salt & pepper, to taste**

DIRECTIONS:

1. Honey Sauce: Mix **honey, 1/2 lemon juiced**, pinch of **salt** and **cayenne pepper** in a small bowl. Stir to combine and set aside.
2. Cheesy Zucchini Rice: Melt **2TB butter or olive oil** in a large saucepan over medium heat. Add **1 clove minced garlic** and cook stirring for 1 minute. Stir in **2 cups vegetable broth** and **rice**. Bring to a boil, cover and reduce heat to a simmer and cook for 12 minutes. Remove from heat, leave lid on and let sit for 5 minutes. Fluff rice with a fork and stir in **zucchini, cheese** and **salt & pepper to taste**. Stir to combine. Cover for 5 minutes until cheese has melted.
3. Honey Garlic Shrimp: In a skillet, add **olive oil** over medium heat and sauté **3 cloves minced garlic** for 1 minute. Add the **shrimp** and toss to combine. Cook stirring frequently for 3-5 minutes until shrimp is no longer pink. Add in the **honey sauce** mixture and **1TB butter**. Stir to combine. Remove from heat and top with **chopped parsley** and squeeze **remaining 1/2 lemon juiced** over top.

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