



## Greek Turkey Burgers with Green Beans

Prep Time: 15 min

Cook Time: 40 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

492 Calories

31.42g total fat

486mg sodium



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

- 1.5 lbs. ground turkey
- 1 cup firmly packed spinach, chopped—Wash and dry before use
- 1 TB panko bread crumbs
- 1/3 cup crumbled feta
- ¼ tsp oregano
- Salt & pepper, to taste\*\*
- 4 TB olive oil (divided)\*\*
- 1 lb. green beans— Wash and trim before use
- 1 cup chopped onion
- 1 clove garlic, minced
- 1 large tomato, diced
- 1 tsp sugar\*\*
- Tzatziki Sauce
- 4 Hamburger Buns

### DIRECTIONS:

1. Green Beans: Heat **2 TB olive oil** in a large skillet over medium heat. Add the **onions** and **garlic** to the skillet and cook stirring frequently until tender. Add the **green beans, diced tomatoes, sugar** and a **pinch of salt and pepper** into the skillet. Reduce heat to low, and continue cooking 15 minutes, or until beans are soft.
2. Turkey Burgers: Wash, dry and chop **spinach**. Combine **ground turkey, chopped spinach, bread crumbs, feta, oregano, 1/4 tsp black pepper**, and **2 TB olive oil** in mixing bowl. Divide mixture into fourths; form 4 burgers.
3. Preheat grill. Sear **burgers** on grill 3 min, until they have changed color about one-quarter of way up from bottom. Turn over; sear 3 min on other side. Turn again; reduce heat to MEDIUM-LOW. Cook 8-10 min more until internal temp reaches 165 degrees (check by inserting thermometer halfway into thickest part of burgers). Transfer to clean platter.
4. Serve on **buns**, with **tzatziki sauce** and side of green beans.

*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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## Grilled Chicken Breast with Peach Salsa over Rice

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

203 calories

26% calories from fat

431 mg sodium



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

- 1.5 lbs. chicken breast
- 2 TB Chicken Spice Rub (1 TB brown sugar, 1 tsp ground cumin, 1/2 tsp garlic powder, 1/2 tsp chili powder, 1/2 tsp paprika, 1/4 tsp kosher salt)
- 1 TB vegetable oil\*\*
- 1 1/2 cups basmati rice
- Pinch of salt\*\*

#### Peach Salsa:

- 1 1/2 cups ripe peaches, peeled and chopped (about 2 large peaches)
- 2 TB chopped fresh mint (rinse and pat dry chopping)
- 1/4 cup chopped red onion
- 2 tsp apple cider vinegar (**need to measure out 2 tsp from amount given**)
- 1/4 tsp hot sauce
- Pinch of salt\*\*

### DIRECTIONS:

1. Rub both sides of the **chicken breasts** with the **Chicken Spice Rub**.
2. Heat grill or nonstick skillet (add **1 TB oil**) over medium heat. Add **chicken**; cook 6-7 minutes on each side or until done OR preheat oven to 425 degrees and place chicken on a sheet pan/casserole dish and roast 15-20 minutes or until done.
3. Peel and dice 2 **peaches**. Wash/chop fresh **mint**. Combine diced **peaches**, chopped **mint**, **red onion**, **apple cider vinegar (measure out from bottle)**, **pinch of salt** and **hot sauce** in a bowl. Toss to combine and set aside.
4. **Basmati Rice**: Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water**, **1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
5. Serve the **chicken** over **rice** and top with **peach salsa**.

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