



## Sheet Pan Greek Chicken and Vegetables

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

580 calories

35g fat

900mg sodium



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

- 1.5 lbs. chicken breast, cubed
- 1 lb. red potatoes, cubed
- 2 small zucchini, cubed
- 1 bell pepper, cubed
- 1 small eggplant, cubed
- 1/2 cup pitted kalamata olives

### GREEK DRESSING

- 1/2 cup olive oil\*\*
- 2 TB lemon juice
- 2 TB Greek Dressing Spice Blend (2 tsp oregano, 2 tsp minced dried onion, 1 tsp garlic powder)
- 1/4 teaspoon salt & pepper\*\*

### TOPPING

- 1/3 cup crumbled feta cheese

### DIRECTIONS:

1. Preheat oven to 400 degrees. Line a large rimmed baking sheet with foil OR spray a 13x9x2 inch baking dish with cooking spray.
2. Wash and dry the **potatoes** and **eggplant**. Cube the **potatoes** into even pieces about 1 inch in size. Trim the ends off the **eggplant** and quarter lengthwise then cut into even pieces about 1 inch in size.
3. Arrange **chicken**, cubed **potatoes**, **zucchini**, **bell peppers**, cubed **eggplant**, and **kalamata olives** on the baking sheet/dish.
4. Combine all ingredients for the **Greek Dressing** in a bowl and whisk well; pour over chicken and veggies on baking sheet/dish.
5. Bake for 30 minutes or until potatoes are tender and chicken is cooked through.
6. Remove from oven and sprinkle with **feta cheese** before serving.

*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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## Chinese Pepper Steak over Rice

Prep Time: 10 min

Cook Time: 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

394 calories

16g fat

683mg sodium



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

- 1.5 lbs. beef strips
- 1/4 cup low sodium soy sauce
- 2 TB sugar\*\*
- Pepper Steak Blend (2 TB cornstarch & 1/2 tsp ground ginger)
- 3 TB vegetable oil, divided\*\*
- 1 red onion, cut into 3/4-inch squares
- 2 bell peppers, cut into 3/4-inch squares
- 2 tomatoes, cut into wedges
- 1 1/2 cups jasmine rice

### DIRECTIONS:

1. **Jasmine Rice:** Rinse the 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 12-15 minutes or until all the water is absorbed. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
2. Whisk together **soy sauce, sugar, and Pepper Steak Blend** in a bowl until the sugar has dissolved and the mixture is smooth. Place the **steak slices** into the marinade, and stir until well-coated.
3. Rinse and cut the **tomatoes** into wedges.
4. Heat **1 TB of vegetable oil** in a wok or large non stick skillet over medium-high heat, and place **1/3 of the steak strips** into the hot oil. Cook and stir until the beef is well-browned, about 3 minutes, and remove the beef from the pan to a bowl. Repeat twice more, with the remaining beef, and set the cooked beef aside.
5. Return all the **cooked beef** to the hot pan, and stir in the **onion**. Toss the **beef and onion** together until the onion begins to soften, about 2 minutes, then stir in the **bell peppers**. Cook and stir the mixture until the peppers have started to become tender, about 2 minutes, then add the **tomatoes**, stir everything together, and serve over **rice**.

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