



Parmesan Crusted Chicken and Roasted Carrots

Prep Time: 15 min

Cook Time: 50 min

Serves: 4

NUTRITION FACTS, PER SERVING:

470 calories

10g total fat

488mg sodium



INGREDIENTS: ** Items not included in kit

- Parmesan Crust Blend (1 cup panko bread crumbs, 2 TB parmesan cheese, 3/4 tsp paprika, 3/4 tsp garlic powder)
- Cooking spray**
- Salt & Black Pepper**
- 1 cup plain Greek yogurt
- 2 large egg whites, beaten
- 1 TB Dijon mustard (3 packets)
- 1.5 lbs. chicken breast
- 1 TB olive oil**
- 1 lb. baby carrots
- 1 TB Honey (2 packets)
- 1 TB parsley, chopped

DIRECTIONS:

1. Preheat oven to 400°. Pour **Parmesan Crust Blend** in a shallow bowl. Add **1/4 tsp salt and 1/2 tsp black pepper** and stir to combine. Line two baking pans with tin foil and lightly coat tin foil with **cooking spray**; set aside.
2. Combine **Greek yogurt, egg whites, and Dijon mustard** in a shallow bowl, whisking well; set aside.
3. Pat **chicken breast** dry with paper towel. Dip chicken into **yogurt mixture** to coat, letting some excess drip off; coat both sides of chicken in **breadcrumb mixture**, patting to adhere.
4. Arrange coated **chicken** in a single layer on one prepared baking pan; lightly spray tops of chicken with **cooking spray**. Bake in middle of oven until cooked through (35-40 minutes).
5. Place **baby carrots** in a bowl and drizzle with **1 TB olive oil, honey** and a **pinch of salt and pepper**. Toss to combine and coat and place on the other prepared baking pan. Place on second shelf in oven along with the chicken and roast until tender when pierced with a fork. Top roasted carrots with **chopped parsley** and serve alongside chicken.

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.

Proudly Sponsored by:





Honey Garlic Salmon with Broccoli over Rice

Prep time: 20 min
Cook Time: 15 min
Serves: 4



NUTRITION FACTS, PER SERVING:

486 calories
28g total fat
578mg sodium

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

- 1lb broccoli florets
- 1.5 cups jasmine rice

Sauce

- 4 TB honey (8 packets)
- 2 TB low sodium soy sauce
- 1 TB white wine vinegar
- 1 garlic clove, minced

Salmon

- Salmon fillets
- Olive oil or Cooking spray**
- Salt & pepper, to taste**

Garnish

- Sesame Seeds
- 4 green onions, thinly sliced

DIRECTIONS:

1. Take **salmon** out of the fridge, pat salmon dry with a paper towel and sprinkle with a pinch of **salt & pepper**.
2. Whisk together the **sauce ingredients** in a small bowl.
3. Drizzle **oil** in a non stick skillet and heat over medium high heat. Place **salmon** in the pan and cook the first side for 3 minutes. Turn and cook the other side for 3 minutes until cooked through and flakes. Pour **sauce** over **salmon**. Cook for 1 minute or until it starts to thicken slightly. **OR** Preheat oven to 400 degrees, line a baking sheet with aluminum foil and spray with cooking spray. Cook **salmon** in oven 12-15 minutes or until cooked through and flakes. Spoon **sauce** over the salmon, bake for 3 more minutes. Place **salmon** on serving plates, and sprinkle with **sesame seeds** and **sliced green onions**.
4. **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.
5. Wash **broccoli**, and cut florets off the stem. Place florets in a microwave safe dish with **1 TB of water**. Cover and cook on high for 3 minutes. Drain well, drizzle with **olive oil** and season with a pinch of **salt and pepper**.

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.

Proudly Sponsored by:

