



Buffalo Chicken Stuffed Peppers

Prep Time: 20 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

374 calories

18.9 g fat

613 mg sodium



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

- 8 poblano peppers
- 1.5lbs. chicken breast (to be cooked and shredded)
- Cooking spray**
- 1 TB olive oil**
- Salt & Black Pepper**
- 1/4 cup red hot pepper sauce,
- 1 1/4 cup Monterey jack cheese, shredded
- 3/4 cup blue cheese salad dressing
- 1 TB low-sodium taco seasoning, measure out
- 1/2 cup green onion tops, chopped

TACO-SEASONED RICE

- 1 cup long grain white rice
- 1 tsp low-sodium taco seasoning, measure out
- 1/2 cup tomato sauce
- 2 cups water**

DIRECTIONS:

1. Preheat oven to 400 degrees. Spray a baking sheet with **cooking spray** and lay thawed **chicken breast** on pan and coat both sides evenly with a **drizzle of olive oil and a pinch of salt & pepper**. Bake for 20-25 minutes or until internal temperature reaches 165 degrees F. Set aside to cool. Shred chicken using two forks.
2. Make the **Taco-Seasoned Rice** by mixing the **2 cups water, 1/2 cup tomato sauce, and 1 tsp taco seasoning (MEASURE OUT)** in a medium sauce pan with a fitted lid. Add rice and bring to a boil. Reduce to medium-low heat, cover, and cook for 20 minutes. Remove from heat and fluff with fork.
3. While the rice is cooking, preheat the oven to 450 degrees. Place **poblano peppers** on a rimmed baking sheet sprayed with **cooking spray** and roast in the oven for 15-20 minutes until the skin is bubbly. Put peppers in a large plastic zip-top bag to sweat for about 10 minutes. Remove and carefully peel/scrape the loose, dark, waxy skin off as much of the peppers as possible and discard. Gently cut a long slit in the top of each roasted poblano. Use the tip of the knife to sever the seeds from the top of the pepper then remove the seeds.
4. Scoop a portion of the **Taco-seasoned cooked rice** into each **pepper**, pressing lightly to fill out the bottom of the peppers.
5. In a medium bowl, mix the **cooked shredded chicken, cayenne pepper sauce** and the **shredded cheese** together. Spoon the chicken mixture evenly into each **pepper**. Bake for 10 minutes, until bubbly and golden.
6. While the peppers are baking, whisk the **blue cheese dressing** with **1TB taco seasoning**. Once the **stuffed poblano peppers** come out of the oven, drizzle the tops with the **zesty blue cheese dressing** and sprinkle with **chopped green onions**.

Food provided in this meal kit may have come in contact

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Cheesy Meatloaf and Squash Gratin

Prep Time: 15 min

Cook Time : 60 min

Serves: 4

NUTRITION FACTS, PER SERVING:

577 calories

24.4 g total fat

882 mg sodium



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

Meatloaf

- Cooking spray and olive oil**
- 1 cup onion, chopped
- 2 garlic cloves, minced
- 1/2 cup ketchup, divided
- Meatloaf Spices (1 TB dried parsley, 1/2 tsp dried oregano & 1/2 cup panko breadcrumbs)
- Meatloaf Cheeses (2 TB Parmesan cheese & 1/3 cup cheddar cheese, shredded)
- 1 TB prepared horseradish
- 1 TB Dijon mustard
- Salt & pepper**
- 1 large egg, lightly beaten
- 1.5 lbs. lean ground beef

Squash Gratin

- 2 TB butter**
- 2 medium zucchini, sliced
- 2 medium yellow squash, sliced
- 1 Shallot, minced
- 2 garlic cloves, minced
- Salt and black pepper**
- 1/2 cup light cream
- 1 cup panko, divided
- 1/2 cup grated Parmesan cheese, divided

DIRECTIONS:

Meatloaf:

1. Preheat oven to 375°.
2. Heat a skillet over medium heat. Add **1 TB olive oil, onions and garlic**, sauté for 3-5 minutes, stirring frequently. Remove pan from heat and let cool.
3. In a large bowl, combine **1/4 cup ketchup, Meatloaf Spices, Meatloaf Cheeses, horseradish, Dijon mustard, pinch of salt & pepper, and beaten egg**. Stir to combine. Add **sautéed onion mixture and ground beef**. Mix to combine all ingredients. Shape into one large loaf and place on a baking dish coated with cooking spray; spread remaining **1/4 cup ketchup** over the loaf. Bake at 375° for 50-60 minutes or until done.

Squash Gratin:

1. Peel and mince the **shallots and garlic**. In a large skillet, melt **2 TB butter** over medium heat; add **zucchini, yellow squash, minced shallots, and minced garlic**. Season with a pinch of **salt & black pepper**. Cook, stirring occasionally, until zucchini and squash are crisp-tender, 4 to 6 minutes.
2. Add **1 cup light cream**, and cook until thickened, about 5 minutes. Remove skillet from heat; stir in **1/2 cup panko (measure out) and 1/4 cup Parmesan (measure out)**.
3. Spoon mixture into a shallow 2-quart baking dish coated with cooking spray. Sprinkle with remaining **1/2 cup panko and 1/4 cup Parmesan**. Bake at 400 until top is golden, 8 to 10 minutes.