



Chicken Apple Burger with Broccoli

Prep Time: 10 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

385 calories

12 g total fat

485 mg sodium



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

- 2 apples, 1 sliced thinly and 1 grated
- 2 tsp Rotisserie Chicken Seasoning
- Salt & Pepper**
- 1.5 lbs. ground chicken
- 1/4 cup celery, finely diced
- 4 hamburger buns
- 1/2 cup whole-berry cranberry sauce
- 1 lb. broccoli florets
- 2 TB olive oil**

DIRECTIONS:

1. **Thinly slice one apple.** Peel and coarsely **grate the other apple** into shreds.
2. In medium bowl, stir **shredded apple** with **rotisserie chicken seasoning, 1/8 tsp salt & 1/4 tsp ground black pepper** until blended. Mix in **ground chicken** and **celery** until just combined, **do not over mix**. Shape chicken mixture into four 1/2-inch-thick burgers.
3. Preheat oven to 425 degrees F. Toss **broccoli** with **2 TB olive oil, 1/4 tsp salt** and **1/4 tsp pepper** on a baking sheet. Spread them out into an even layer and roast until the edges are crispy, about 15-20 minutes.
4. Spray ridged grill pan or grill with cooking spray; heat to medium-high heat until hot. Place **chicken burgers** on grill pan/grill; cook 12 to 15 minutes or until chicken loses its pink color throughout, turning over once after 8 minutes **OR** place on a sheet pan sprayed with cooking spray and bake at 425 degrees for 12 minutes, then turn over and bake for an additional 12 minutes, until chicken burger is cooked through.
5. Serve cooked burgers on **buns** with **apple slices** and **cranberry sauce**.

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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San Francisco Pork Chops with Roasted Sweet Potatoes

Prep Time: 15 min

Cook Time: 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

450 calories

9 g fat

861 mg sodium



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

- 1 TB vegetable oil or olive oil**
- 4 boneless pork chops
- 1 clove garlic, minced
- 1/2 cup low sodium beef broth
- 1/4 cup low sodium soy sauce
- 2 TB brown sugar
- 2 tsp vegetable oil or olive oil**
- 1/4 tsp red pepper flakes
- 2 tsp cornstarch
- Green onions, thinly sliced
- 1 pound sweet potatoes
- Salt & pepper**
- 2TB olive oil**
- Cooking spray**

DIRECTIONS:

1. Heat **1 TB vegetable or olive oil** in a skillet over medium heat. Brown **pork chops** in pan, about 5 minutes per side; remove pork to a plate, reserving oil in skillet.
2. Cook **garlic** in reserved drippings until fragrant, about 1 minute. Whisk **beef broth, soy sauce, brown sugar, 2 teaspoons vegetable or olive oil**, and **red pepper flakes** in a bowl, dissolving brown sugar. Return **pork chops** to skillet and pour **sauce mixture** over the chops. Bring sauce to a boil, cover with a lid, and reduce heat to low. Simmer chops until tender, 30 to 35 minutes, turning once halfway through cooking.
3. Preheat oven to 425 degrees. Peel and dice the **sweet potatoes** into 1 inch cubes. Toss in a bowl with **2 TB olive oil, 1/4 tsp salt** and **1/4 tsp black pepper**. Place on a baking sheet or ovenproof dish coated with **cooking spray** and roast in oven for 25 minutes or until tender and caramelized on the edges. Serve alongside the pork chops.
4. Thinly slice the **green onions**, discarding the bottom root end and the top 1/2 inch. Set aside to sprinkle onto of pork chops before serving.
5. When pork chops are done, transfer cooked pork chops to a serving platter. Whisk **cornstarch** and **2 TB water** in a small bowl until smooth creating a slurry; stir slurry into pan juices and simmer until thickened, about 5 minutes. Pour **sauce** over **pork chops** and sprinkle with **sliced green onions**.

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