



## Shrimp, Peppers and Cheese Grits

Prep Time: 10 min

Cook Time: 20 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

405 calories

26.82 g fat

1,020 mg sodium



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

#### SHRIMP

- 1 lb. shrimp
- 2 TB olive oil\*\*
- 3/4 cup red bell pepper, diced
- 3/4 cup green bell pepper, diced
- Salt & black pepper, to taste\*\*
- 1 (10oz) can diced tomatoes with green chilies
- Green onions, sliced thinly
- 1/4 cup fresh parsley, chopped for garnish

#### CHEESE GRITS

- 1 cup low sodium chicken broth (Measure Out)
- 2 cups water\*\*
- 1 cup corn grits
- 2 TB butter\*\*
- 1 cup shredded cheddar cheese
- Ground black pepper\*\*

#### SALAD

- Mixed Greens
- Your favorite salad dressing\*\*

### DIRECTIONS:

1. Thaw and pat dry the **shrimp**. Wash **4 green onions** and thinly slice, discarding the root end and the top 1 inch, set aside. Wash and dry **parsley**, chop the leaves to make 1/4 cup, set aside to use as a garnish before serving.
2. SHRIMP: In a large skillet, heat **2 TB olive oil** over medium high heat. Add the **red and green bell peppers**, season with a **pinch of salt and black pepper, to taste**. Sauté 10 minutes. Add the **thawed shrimp** to the pan and continue to sauté stirring to combine until shrimp are cooked through and no longer pink, about 5 minutes. Add in the can of **diced tomatoes with green chilies** and cook for 5 minutes longer, stirring to combine. Remove from heat and stir in the **thinly sliced green onions**.
3. CHEESE GRITS: Bring **1 cup chicken broth** and **2 cups water** to boil. Reduce heat so mixture is at a simmer and whisk in the **1 cup corn grits**. Simmer on low heat, stirring often, until grits have absorbed the liquid and are tender, about 10 minutes. Stir in **2 TB butter** and **1 cup shredded cheddar cheese** and season with a pinch of **black pepper**.
4. Serve the **shrimp & peppers** over the **grits**, and garnish with **fresh parsley**.
5. Serve the **mixed greens** with your **favorite salad dressing**.

*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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## Balsamic Pork Chops with Roasted Sweet Potatoes & Brussel Sprouts

Prep Time: 15 min

Cook Time: 45 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

377 calories

15.34 g total fat

759 mg sodium



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

- Flour Blend (1/4 cup all-purpose flour & 1 tsp garlic powder)
- 1/4 tsp salt & 1/4 tsp ground black pepper\*\*
- 4 boneless pork chops
- 2 TB olive oil\*\*
- 1/3 cup balsamic vinegar
- 1 cup chicken broth (Measure Out)
- 1 lemon, zested and juiced
- 1 TB capers
- 2 Sweet Potatoes (peeled and diced)
- 12 oz. Brussel sprouts
- 2 TB olive oil\*\*
- 1/4 tsp salt and 1/4 tsp ground black pepper\*\*
- Fresh parsley, chopped for garnish
- Nonstick Spray\*\*

### DIRECTIONS:

1. Preheat oven to 400 degrees. Peel **sweet potatoes** and cut into 1 inch cubes. Wash and trim **brussels sprouts**, pull away any yellow outer leaves and cut sprouts in half. Spray baking sheet with **nonstick spray**. Place **cubed sweet potatoes** and **halved brussels sprouts** in a bowl and drizzle with **2 TB olive oil**, **1/4 tsp salt** and **1/4 tsp black pepper**. Mix well and spread on the prepared baking sheet. Roast for 30-35 minutes or until tender. Remove from oven and squeeze the **juice of 1/2 lemon** over the vegetables if desired.
2. Place the **Flour Blend**, **1/4 tsp salt** and **1/4 tsp black pepper** into a plastic bag. Shake to mix, then add the **pork chops**, and shake again to coat.
2. Heat **2 TB olive oil** in a large skillet over medium-high heat. Remove each pork chop from the bag, shaking off any excess flour. Cook the **pork chops** in the hot oil until golden-brown on both sides, about 3 minutes per side.
3. To the same pan, pour in the **1/3 cup balsamic vinegar** and **1 cup chicken broth**. Bring to a boil, then reduce heat to medium, and simmer until the pork is no longer pink in the center, about 7 minutes. Remove the **pork** to a serving platter, then stir in the **zest from 1/2 a lemon** and **capers** into the sauce. Continue simmering until the sauce has thickened a little.
4. Drizzle **sauce** over the **pork chops** and top with **chopped fresh parsley**. Serve with roasted **sweet potatoes & Brussel sprouts**.

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