



Crispy Southwestern Chicken, Mashed Potatoes, Roasted Peppers and Onions

Prep Time: 20 min

Cook Time: 25 min

Serves: 4

NUTRITION FACTS, PER SERVING:

690 calories

37 g total fat

400 mg sodium



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

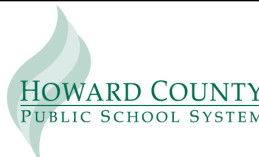
- Panko Crust Southwestern Spice Blend (1 cup panko & 1 TB blend—garlic powder, paprika, cumin, coriander, chili powder)
- 1/2 cup Monterey Jack Cheese, shredded
- 1 tsp olive oil**
- Non Stick Cooking Spray**
- 4 oz sour cream, divided
- 2 tsp hot sauce
- 1.5 lbs. chicken breast
- 3 Poblano peppers, halved, deseeded and thinly sliced
- 2 medium sweet onions, thinly sliced
- 1 TB olive oil**
- 1 tsp Peppers & Onions Southwestern Spice Blend (garlic powder, paprika, cumin, coriander, chili powder)
- 1.5 lbs. potatoes
- 3 TB butter**
- Salt and Pepper, to taste**

DIRECTIONS:

1. Preheat oven to 425 degrees. Spray a baking sheet with **nonstick cooking spray**. In a medium bowl, combine **Panko Crust Southwestern Spice Blend, Monterey Jack Cheese, 1 tsp olive oil, and a pinch of salt & pepper**, set aside. In a small bowl, combine **2 packets (2oz) of sour cream with 1 packet hot sauce** (or 2 if you prefer spicier), set aside.
2. Pat **chicken breasts** dry with paper towels; season on both sides with **salt & pepper** and place on one half of the prepared baking sheet, leaving space on the other half for the peppers and onions. Brush tops of chicken with the **sour cream mixture** and sprinkle **panko crust mixture** onto top of chicken, pressing to adhere. Halve, deseed and thinly slice the **poblano peppers**. Combine the **sliced peppers and sliced onions** and place them on the other half of the baking sheet. Drizzle with **1 TB olive oil, 1 tsp Peppers & Onions Southwestern Spice Blend, and a pinch of salt and pepper**, tossing to combine. Bake in the preheated oven 25 to 30 minutes until chicken is done and vegetables are roasted.
3. Peel and dice **potatoes** into 1/2 inch pieces. Place in a medium pot with enough salted water to cover by 1 inch. Bring to a boil over medium high heat and cook until tender, 15-18 minutes. **Reserve 3/4 cup cooking water**, then drain and return to pot.
4. Using a potato masher, mash **potatoes** until smooth. Stir in remaining **2oz sour cream, 3 TB butter**, and **half of the reserved cooking water**. If mixture is too thick, add some more cooking water, a splash at a time until creamy. Season with **salt and pepper**.
5. Serve mashed potatoes topped with roasted vegetable or serve the vegetables on the side. Drizzle chicken cutlets with any pan juices left in roasting pan if desired.

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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Beef Tagine with Butternut Squash over Couscous

Prep Time: 15 min

Cook Time: 1 hr. 15min

Serves: 4

NUTRITION FACTS, PER SERVING:

283 calories

9.5 g fat

617 mg sodium



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

- Tagine Spice Blend (2 tsp paprika, 1 tsp ground cinnamon & 1/2 tsp ground ginger)
- 1/4 tsp salt & black pepper**
- 1/2 tsp crushed red pepper flakes
- 1.5 lbs. beef cubes
- 1 TB olive oil**
- 1/2 cup onions, diced
- 3 cloves garlic, minced
- 1/2 cup low sodium chicken broth
- 1 can (14.5 ounce) diced tomatoes
- 3 cups cubed peeled butternut squash
- 3 TB chopped fresh parsley for garnish
- 1 box plain couscous

DIRECTIONS:

1. Combine **Tagine Spice Blend**, **1/4 tsp salt & black pepper**, and **1/2 tsp red pepper flakes** in a large bowl or Ziplock bag and add **beef**; toss well to coat, set aside.
2. Peel and mince **garlic cloves**, set aside. Wash and dry **parsley**, chop leaves to make 3 TB garnish, set aside
3. Heat **1 TB olive oil** in large sauté pan over medium-high heat. Add spiced **beef** and **diced onions**; cook 5 minutes or until browned, stirring occasionally. Add **garlic**; cook 1 minute, stirring frequently. Stir in **1/2 cup chicken broth** and **diced tomatoes**; bring to a boil. Reduce heat to medium-low, cover and cook 40 minutes. **** Add squash**; cover and simmer 20 minutes more or until **squash** is tender. Sprinkle with **chopped parsley**.
4. Cook **couscous** according to package instructions. Serve the beef tagine over couscous.

NOTE: Can be prepared in a crockpot and cooked on low for 8-10 hours. Cooking time on stove may vary; you can check meat after 40 minutes by cutting to check tenderness.

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