



Apple Cider Chicken with Mashed Cauliflower

Prep Time: 20 min

Cook Time: 25 min

Serves: 4

NUTRITION FACTS, PER SERVING:

646 calories

20.22 g fat

870 mg sodium



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

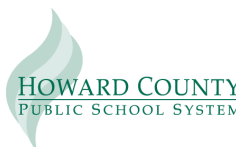
- 2 TB olive oil & 2 TB butter**
- 1.5 lbs. chicken breasts
- Salt and pepper**
- 1/2 cup diced onion
- 1 granny smith apple, cored and sliced into 1/4 inch wedges
- 3 garlic cloves, minced
- Apple Chicken Spices (1 tsp dried thyme & 2 bay leaves)
- 2 TB all purpose flour**
- 1.5 cups apple cider
- 4 cups cauliflower florets (1 head)
- 1 (14.5 oz) can low sodium chicken broth
- 1/4 cup parmesan cheese
- 1/4 cup chopped chives

DIRECTIONS:

1. Core and slice the **apple** into 1/4 inch wedges, set aside. Peel and mince the **garlic cloves**, set aside. Chop the **chives**, set aside.
2. Heat **1 TB olive oil & 1 TB butter** in a skillet over medium high heat. Season the **chicken breast** with **salt and pepper**. Add to the pan and sear until golden, about 4 minutes per side.
3. Remove chicken from the pan and set aside. To the same pan, add remaining **1 TB butter, 1 TB olive oil, diced onion, cored and sliced apple, minced garlic, Apple Chicken Spices** and sauté scaping up any brown bits on the bottom of pan from the chicken, until the apple begins to get color and onions soften, about 5 minutes.
4. Sprinkle **2 TB flour** over onions and apples and stir 2 minutes to combine. Add **1.5 cups apple cider**, stir to combine. Return **seared chicken breasts** to pan nestling into the mixture and bring to a boil. Reduce heat to a simmer and cover. Cook until chicken is cooked through, about 12 minutes.
5. While chicken cooks, in a medium saucepan, combine the **cauliflower florets** and **1 can of chicken broth** and bring to a boil. Reduce heat to simmer, cover and cook for 15 minutes or until cauliflower is tender, but not completely falling apart.
6. Use a slotted spoon to transfer the **cooked cauliflower** to a food processor and puree until silky smooth. You can also puree using a hand mixer or a potato masher. If using a potato masher it may be a little lumpy. Once pureed, transfer to a bowl and stir in **parmesan cheese** and **chopped chives**. Season with **salt and pepper** to taste.

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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Turkey Chili on Delicata Squash Bowls

Prep Time: 10 min

Cook Time: 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

635 Calories

21.67 g fat

975 mg sodium



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

- 2 TB olive oil**
- 1 lb. ground turkey
- 1 cup diced onion
- 2 garlic cloves, minced
- 2 1/2 tsp ground cumin
- Salt & black pepper, to taste**
- 1 (32 oz) box low sodium chicken broth (Measure Out)
- 1 can black beans
- 2 cups corn kernels
- 1/2 cup salsa Verde
- 1/2 cup brown rice
- 1/2 cup chopped cilantro, rinse and pat dry then chop
- 1/2 cup shredded cheddar cheese
- 2 Delicata squash

DIRECTIONS:

1. Preheat the oven to 400 degrees. Wash, dry, and cut **Delicata squash** in half lengthwise and scoop out seeds. Drizzle **1 TB olive oil** into the bottom of baking dish to coat. Season squash halves with **salt & black pepper**; arrange in a baking dish with flesh side down. Bake in preheated oven until a fork easily pierces through the skin and flesh, about 25 minutes.
2. Drain and rinse **black beans**, set aside. Rinse and pat dry **cilantro**, then chop leaves to make 1/4 cup and set aside.
3. Heat **1 TB olive oil** in a deep skillet over high heat. Add **turkey, diced onions, minced garlic** and cook, stirring to break up the meat, about 5 minutes or until browned. Add **cumin**, pinch of **salt** and **pepper**. Stir to combine. Add **2 cups chicken broth**, rinsed and drained **black beans, corn, salsa Verde** and **brown rice**. Bring to a boil, reduce heat to medium low and cover. Let the mixture simmer, stirring occasionally, 20—25 minutes or until rice is tender. Add more **chicken broth** if needed to reach desired consistency.
4. Remove **chili** from heat, stir in **1/4 cup chopped cilantro**. Spoon chili into Delicata squash bowls and top with **shredded cheddar cheese**. NOTE: You can eat the skin of the Delicata squash.

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