



Hawaiian Chicken Wrap

Prep Time: 10 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:

330 calories
6 total grams of fat
308 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 Tbsp. Oil**
- 1/4 cup Mayonnaise (5 packets)
- 2 Tbsp. White Wine Vinegar
- 1/4 cup Sugar**
- 1 tsp. Poppy Seeds
- 1 1/2 tsp. Garlic Powder
- 1 1/2 tsp. Onion Powder
- 1 1/2 tsp. Chili Powder
- 2 cups Cabbage, shredded
- 1 1/2 cup Carrots, shredded
- 1/4 cup Canned Crushed Pineapple, in 100% juice, **drained**
- 1 cup Spinach (wash, pat dry and chop before using)
- Diced chicken, 1/2" pieces (1.5 lb.)
- 4 Whole Wheat 12" Tortillas

DIRECTIONS:

1. Add **1 Tbsp. oil** to a large skillet and heat to medium high. Add **cubed chicken** season with a **pinch of salt and pepper** and cook 15 min or until cooked through and golden browned. After chicken is cooked dice into smaller pieces and set aside in a bowl to cool.
2. In a small mixing bowl, combine **mayonnaise, white wine vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder**. Mix well. Cover and refrigerate the dressing.
3. Combine **cabbage and carrots, drained pineapple, and spinach** in a large bowl. Stir in **dressing and cooked chicken**. Mix well. Serve immediately or cover and refrigerate.
4. For each wrap, place **2/3 cup filling** on bottom half of **tortilla** and roll in the form of a burrito. Place seam side down. Cut diagonally.

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 Stroganoff over Egg Noodles with Salad

Prep Time: 20 min
Cook Time : 40 min
Serves: 6

NUTRITION FACTS, PER SERVING:

454 calories
12 grams of fat
369 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1.5 lbs. Beef Cubes
- 2 TB Butter
- 1 1/2 C Low Sodium Beef Broth, divided
- 2 TB Ketchup
- 1 Clove Garlic, minced
- 8 oz. Mushrooms, sliced
- 1/2 C Onion, diced
- 3 TB Flour
- 1 C Low Fat Sour Cream
- 12 oz. Egg Noodles
- Salad Greens

DIRECTIONS:

1. Heat a skillet over medium heat. Add **butter** and when melted add **beef cubes** and cook until browned.
2. Mince the **garlic** and add to a bowl. To the same bowl add **1 1/4 Cups beef broth** and **ketchup**. Stir to combine and add to the skillet with the beef. Reduce heat to medium low, cover and simmer until beef is tender, about 10 minutes.
3. Remove the lid and add the sliced **mushrooms** and diced **onions**. Cover and simmer for 5 minutes or until onions and mushrooms are tender.
4. While the beef mixture is simmering, bring a large pot of water to a boil and cook the **egg noodles** according to the package directions, drain and set aside.
5. Stir the remaining **1/4 C beef broth** and **flour** in a small bowl until the flour has dissolved. Remove the cover from the beef mixture and raise the heat to medium high, while stirring constantly, add the flour mixture then stir in the **sour cream**. Once all items are combined remove from heat and serve over the **egg noodles**.
6. Enjoy the **salad greens** with your favorite salad dressing.

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