



Ground Turkey Spaghetti

Prep Time: 10 min
Cook Time : 40 min
Serves: 4

NUTRITION FACTS, PER SERVING:

711 Calories
20.29 g of fat
660 mg of sodium



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

- 1 lb. ground turkey
- 2 TB olive oil**
- 2 garlic cloves, minced
- 1/2 cup diced onions
- 1/2 cup diced green peppers
- 1/2 cup diced mushrooms
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 jar Marinara Sauce
- 1/2 cup white wine** (optional)
- 1/2 tsp sugar**
- 1/2 cup parmesan cheese (divided into 2 (1/4 cup) portions)
- 1 lb. whole wheat spaghetti
- Salt & pepper, to taste

DIRECTIONS:

1. In a large skillet heat **2 TB olive oil** over medium heat. Season the **ground turkey** with **salt** and **pepper** and add to the skillet. Cook for 10 minutes breaking it up until the turkey browns and is no longer pink.
2. Add **diced onions, diced pepper, minced garlic, diced mushrooms** and cook for 3-4 minutes until the mushrooms have released all their moisture.
3. Add the **dried oregano and dried basil**. Mix well.
4. Add the **marinara sauce, white wine** (optional) and **1/2 tsp sugar**.
5. Bring mixture to a slow simmer, reduce heat to low and cover. Let the sauce cook for 20 minutes.
6. In the meantime, in a large pot, bring **water** to a boil, add a **1/2 tsp salt** and desired amount of **spaghetti**. Cook spaghetti according to package instructions. When the spaghetti is done, drain well and set aside.
7. Add **1/4 cup of parmesan cheese** to the sauce and stir well to combine. Sprinkle remaining **1/4 cup of parmesan cheese** on top when serving.

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.

Proudly Sponsored by:





Blackened Fish Tacos with Avocado Sauce

Prep Time: 10 min
Cook Time : 20 min
Serves: 4

NUTRITION FACTS, PER SERVING:

375 calories
20 g of fat
160 mg of sodium



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

- 1lb. Tilapia Fillets
- 2-3 TB Olive Oil**
- 2 1/2 tsp Blackened Seasoning (1/2 tsp salt, 1/2 tsp black pepper, 1 tsp paprika, 1/4 tsp garlic powder, 1/8 tsp cayenne pepper, 1/4 tsp oregano)
- 8 Corn Tortillas
- 1/2 Cup Cabbage, shredded
- 4 Green Onions, thinly sliced
- 1/2 Cup Cheddar Cheese, shredded
- 1/4 Cup Cilantro, chopped and separate out 1TB

Avocado Sauce

- 1 Avocado, peeled and pitted
- 3 TB Plain Greek Yogurt
- 1 Lime, cut in half and squeeze out 2TB lime juice
- 1 TB Cilantro, chopped

DIRECTIONS:

1. Pat **tilapia fillets** dry with paper towels. Sprinkle **blackened seasoning** over both sides of fish and gently rub into the fillets.
2. Place **oil** into nonstick skillet and heat to medium heat. Add **fish** and cook 5 minutes on both sides or until done OR rub oil onto foil lined baking sheet and bake **fish** at 425 degrees in the oven for 15 minutes or until done. For serving, gently break the fish into pieces with a fork.
3. While fish is cooking, to prepare the **Avocado Sauce**: in a food processor/blender/small bowl (mash with fork), place the **avocado halves, yogurt, lime juice, and 1 TB cilantro** and process/mash until smooth and thoroughly combined.
4. Warm each **tortilla** on a pan over medium heat 30 seconds per side OR in the microwave on a plate, stack the **tortillas** and cover with a damp paper towel and microwave 30 seconds or until warmed.
5. To assemble the tacos, place pieces of the **fish** in a **tortilla** and top with **cabbage, chopped cilantro, sliced green onions, shredded cheese, and avocado 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.

Proudly Sponsored by:

