



Baked Salmon, Roasted Broccoli and Aromatic Rice

Prep Time: 10 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

270 calories

19 g fat

373 mg sodium



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

- Salmon fillets
- 2 TB fresh parsley, chopped
- 2 garlic cloves, minced
- 1/2 TB Dijon mustard
- 1/4 tsp salt**
- 1/8 tsp black pepper**
- 2 TB olive oil **
- 1 lemon, juiced (2 TB fresh lemon juice)
- 12 oz. broccoli florets
- 2 green onions, thinly sliced
- 1" piece of ginger, minced
- 1 1/2 cups jasmine rice

DIRECTIONS:

1. Preheat the oven to 450° F.
2. Wash and dry all the vegetables. Peel and finely dice the **ginger**. Cut off and discard the root ends of the **green onions**; thinly slice separating the white bottoms and the green tops.
3. Line rimmed baking sheet with foil sprayed with non stick oil. To prepare the sauce, in a small bowl, combine: **2 TB parsley, 2 minced garlic cloves, 1/2 TB Dijon mustard, 1/4 tsp salt, 1/8 tsp pepper, 2 TB olive oil** and **2 TB lemon juice**.
4. Arrange **salmon fillets** on the prepared baking sheet. Generously brush top and sides of salmon with **sauce**.
5. On the same pan if large enough or on another line rimmed baking sheet sprayed with non stick oil, place the **broccoli florets**, drizzle with **olive oil** and season with **salt** and **pepper**.
6. Bake **salmon** and **broccoli** for 15-20 min or until fish is just cooked through and flaky and broccoli florets are fork tender.
7. Aromatic Rice: In a medium size pot, heat **2 tsp of olive oil** over medium high heat. Add the **ginger** and **sliced white bottoms of the green onions**, season with **salt** and **pepper** and cook stirring for 1 minute. Add the **jasmine rice**, stir to coat and add **2 1/4 cups of water**. Bring to boil, stir, reduce heat to low, cover and cook for 17 minutes or until liquid is absorbed and rice is tender. Fluff rice and stir in the **green tops of the green onion**.
8. Serve **salmon** over **aromatic rice** with a side of **roasted broccoli**.

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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Cincinnati Chili and Salad

Prep Time: 15 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

930 calories

33 g total fat

440 mg sodium



INGREDIENTS: ** Items not included in kit

- 1 lb. ground beef
- 1 1/2 cups diced yellow onions
- 2 garlic cloves, minced
- 1(15 oz)can crushed tomatoes
- 2 green onions
- 2 TB Worcestershire Sauce
- 1 TB white wine vinegar
- 1 lb. whole grain spaghetti noodles
- 2 oz cheddar cheese shredded
- 2 TB tomato paste
- 1/4 cup sour cream
- 1 TB spice blend (paprika, cumin, coriander, oregano, cayenne pepper and ground cinnamon)
- Lettuce/Salad Greens

DIRECTIONS:

1. Heat a large pot of salted water to boiling on high. Wash and dry fresh produce. Peel and roughly chop the **garlic**. Cut off and discard the root ends of the **green onions**; thinly slice, separating the white bottoms and the green tops.
2. In a large nonstick skillet heat a drizzle of **olive oil** on medium high heat. Add the **diced onions**, minced **garlic**, and sliced **white bottoms** of the **green onions**. Season with **salt** and **pepper**. Cook for 3-4 minutes. Add the **ground beef** and **spice blend**. Cook stirring frequently breaking the meat apart with a spoon, 5-6 minutes or until browned.
3. Add the **spaghetti noodles** to the boiling water and cook stirring occasionally 7-9 minutes, or until al dente. Turn of the heat. Drain noodles thoroughly and return to the pot. Add the **sour cream** and a drizzle of **olive oil** to the noodles and stir to coat well. Cover and keep warm.
4. Add **2 TB tomato paste** to the ground beef pan. If it seems dry, add a drizzle of **olive oil**. Cook stirring frequently for 2 minutes. Add the **crushed tomatoes** and **1/2 cup of water**. Cook stirring occasionally for about 7 minutes or until the chili is thickened to desired consistency. Turn off the heat and stir in **Worcestershire sauce** and **white wine vinegar**. Season with **salt** and **pepper** if needed.
5. Serve the chili over the cooked spaghetti and garnish with **shredded cheese** and sliced **green tops** of the **onions**.
6. Rinse and dry the **lettuce** and serve with your favorite salad dressing.

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