



Spicy Chicken and Black Beans Tostadas

Prep Time: 10 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

349 calories

10.8 g fat

600 mg sodium



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

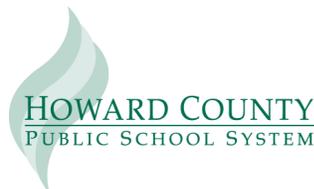
- 3/4 cup jicama, shredded & peeled
- 1/2 cup purple cabbage, shredded
- 1/4 cup red onion, diced
- 1/4 cup chopped fresh cilantro, chopped (wash before use)
- 1 lime, cut in half and squeezed for juice
- Salt & black pepper to taste**
- 1.5 TB Spice Blend (2 teaspoons chili powder & 2 teaspoons dried oregano)
- 4 boneless skinless chicken breast
- 2 teaspoons vegetable oil**
- 2 tablespoons chipotle in adobo sauce
- 1 (15-ounce) can low sodium black beans, rinsed and drained
- 8 corn tortillas

DIRECTIONS:

1. Slice the **jicama** into thinner strips before using and slice the lime in half. Combine **jicama, cabbage, red onions, 1/4 cup chopped cilantro, juice from 1/2 lime** and **1/8 teaspoon salt & black pepper** in a bowl. Set aside.
2. Rub the **Spice Blend** evenly into the chicken breasts and season with **salt and black pepper** to taste.
3. Heat a large skillet over medium-high heat. Add **vegetable oil**; swirl to coat. Add **chicken** to pan; cook 5-7 minutes on each side or until done. Remove chicken from pan; let stand 5 minutes. Slice chicken breasts very thinly.
4. In a microwavable safe bowl, combine the **juice from the other 1/2 lime, 2TB chipotle adobo sauce (use based on your desired spice/heat preference), and black beans**. Cover with plastic wrap; microwave at HIGH 40 to 60 seconds or until thoroughly heated. Mash **bean mixture** with a fork.
5. **To make the tostadas:** Brush the **corn tortillas** lightly with oil and sprinkle with salt (optional). Bake the **tortillas** on a baking sheet in a preheated 400 degree oven for approximately 4 minutes per side, or until they are crispy and golden on each side .
6. To assemble, spread **black bean mixture** evenly over **tostadas**. Top with **chicken mixture** and **jicama mixture**.

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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Italian Pork Sausage and Pepper Hoagies with Salad

Prep Time: 15 min

Cook Time : 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

710 Calories

45.6 g total fat

1,015 mg sodium



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

- 4 (2-ounce) hoagie rolls, halved lengthwise
- 1 lb. Italian sausage (Pork), cut into 1-inch-thick pieces
- 1 onion, sliced (about 2 cups)
- 1 clove garlic, minced
- 1 cup marinara sauce
- 1 red bell pepper, sliced (about 2 cups)
- 1 cup mozzarella cheese
- Salt and pepper, to taste**
- Mixed Greens
- Your Favorite Salad Dressing**

DIRECTIONS:

1. Preheat broiler to high.
2. Arrange **rolls**, cut sides up, on a baking sheet. Broil 1-2 minutes or until toasted. Set aside.
3. Cut **sausage** into 1" pieces. Heat a large skillet over medium-high heat. Add sausage to pan; cook 5 minutes or until lightly browned, stirring occasionally. Add **sliced onion**; cook 3 minutes. Add **marinara, sliced red bell pepper, minced garlic** and **salt & black pepper** to taste; stir to combine for a minute. Reduce heat to medium low, and simmer 6 minutes or until bell pepper is crisp-tender.
4. Spoon **sausage/onion/pepper mixture** over bottom half of each roll; sprinkle each serving with **mozzarella cheese**. Place on a baking sheet; broil 2 minutes or until cheese melts. Top with top halves of rolls.
5. Serve the **mixed greens** with your favorite salad dressing.

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