



Beef Fajitas With Peppers and Onions

Prep Time: 30-40 min.
Cook Time : 15 min.
Serves: 4

NUTRITION FACTS, PER SERVING:

377 calories
16.35 g total fat
702 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 TB vegetable oil**
- 1.5 lb. Beef Strips
- 1 large yellow onion, peeled and sliced
- 2 bell peppers, stemmed, seeded, de-ribbed, sliced lengthwise into strips
- 8 fajita size flour tortillas
- 1 cup Shredded Cheese (mix of Monterey and cheddar)
- Sour Cream for topping
- Salsa for topping

Marinade:

- Juice of 1 lime
- 2 TB olive oil**
- 2 cloves garlic, peeled, minced
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/2 tsp red pepper flakes
- 1/4 cup chopped fresh cilantro, including stems
- 1/4 tsp salt**
- 1/8 tsp black pepper**

DIRECTIONS:

1. Mix all **marinade ingredients** in a large Ziploc bag. Add the **beef strips** and let it sit at room temperature for about 30 minutes or longer in the refrigerator.
2. Wrap **tortillas** in foil and place in a 350 degree oven for 5-10 minutes or until heated through.
3. Heat **1 TB olive oil** in a large nonstick skillet over medium high heat. Add **onions** and **peppers** and sauté stirring for 3-4 minutes until soft. Transfer to a bowl and set aside.
4. Add the **beef strips** to the skillet and cook stirring for 3-5 minutes until they lose the red color.
5. Return **onions** and **peppers** to the skillet and toss with the meat for about 1 minute.
6. To serve: spoon a portion of the beef mixture down the center of each tortilla, top with your desired toppings, fold bottom of tortilla up over the filling and fold the sides in overlapping.

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:





Honey Balsamic Sheet Pan Chicken

Prep Time: 10 min
Cook Time : 1 hr and 10 min
Serves: 4

NUTRITION FACTS, PER SERVING:

643 Calories
16.77 g. total fat
460 mg of sodium



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

- 1/4 cup balsamic vinegar
- 6 Tbsp honey
- 3 Tbsp olive oil divided**
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 3/4 tsp dried rosemary
- 1/4 tsp kosher salt**
- 1/4 tsp black pepper**
- 1/4 tsp red pepper flakes
- 1.5 lbs. chicken breasts
- 1 1/2 lbs. baby red potatoes, quartered (**wash before using**)
- 1 pint cherry tomatoes
- 1 lb. green beans (**wash and trim before using**)

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. In a medium bowl, combine the **balsamic vinegar, honey, 1 tbsp. of olive oil, garlic, thyme, rosemary, chili flakes, salt and pepper**. Stir well to mix.
3. Place **chicken breasts** in a Ziploc bag and pour the marinade over the top. Seal and toss the chicken to evenly coat. Marinate in the refrigerator for at least 30 minutes.
4. While the chicken marinades, place the **quartered potatoes** and **cherry tomatoes** on a sheet pan. Drizzle with the remaining **2 TB of olive oil**, season with a **pinch of salt and pepper**, and stir to coat. Bake for 25 minutes.
5. Remove the sheet pan from the oven and toss the **green beans** with the **potatoes** and **tomatoes**.
6. Remove the marinated **chicken breasts** from the plastic bag, reserving the remaining marinade in the bag. Place the marinated chicken evenly spaced, on top of the vegetables. Pour some of the **marinade** from the bag over the top of the **chicken and vegetables**.
7. Return the sheet pan to the oven and bake for 30-40 minutes periodically basting the chicken with the pan juices until internal temperature of the chicken reaches 165 degrees.
8. Allow the chicken to rest for 5 –10 minutes. Serve and spoon juices over each chicken breast.

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:

