



Ground Turkey Lettuce Wraps

Prep Time: 15 min.

Cook Time : 25 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

234 calories

8.5 total grams fat

1050 mg of sodium



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

Filling

- 1 lb ground turkey
- 2 tsp vegetable oil**
- 8 oz white mushrooms, chopped
- 3 green onions, chopped
- 2 garlic cloves, minced
- 1 can (6oz) water chestnuts, drained and chopped
- 1/4 cup low sodium soy sauce
- 1 Tbsp sugar**
- 1 Tbsp rice wine vinegar

Drizzling Sauce

- 3 Tbsp low sodium soy sauce
- 2 Tbsp rice wine vinegar
- 1 Tbsp honey
- 1 Tbsp Dijon Mustard
- 1 Tbsp Sriracha sauce
- 1/2 tsp sesame oil

Other Ingredients

- 12 large iceberg lettuce leaves, cleaned and dry
- Shredded Carrots
- Chopped cilantro

DIRECTIONS:

1. **For the Filling:** Heat a large nonstick skillet over medium high heat. Add the **2 tsp of olive oil** and the **ground turkey**. Brown the turkey until no longer pink and crumble it with a spoon while cooking. Add the **mushrooms, green onions, minced garlic** and **water chestnuts**. Cook until the mushrooms have softened and all liquid has evaporated. In a small bowl, mix the **soy sauce, brown sugar and vinegar**. Pour over the turkey mixture and cook for 1 minute. Remove from the heat.
2. **For the drizzling sauce:** In a small bowl, whisk together the **soy sauce, vinegar, honey, mustard, sriracha, sesame oil and 1/4 cup water**.
3. Serve the **turkey mixture** on top of a **lettuce leaf**, drizzle with some **drizzling sauce** and top with **shredded carrots** and **chopped cilantro**.

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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Modenese Pork Chops with Zucchini and Yellow Squash Gratin

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

NUTRITION FACTS, PER SERVING:

297 calories
11.01 grams of fat
277 mg of sodium



INGREDIENTS: ** *Items not included in kit*

- 4 tablespoons butter**
- 4 (1 inch thick) boneless pork chops **Stoney Point Farm Market, Littlestown PA**
- 1/2 cup dry white wine** (you can substitute with chicken broth if you prefer)
- 1/4 teaspoon salt**
- 1/8 teaspoon fresh ground black pepper**
- 1/2 teaspoon crushed dried rosemary
- 2 cloves garlic, minced

DIRECTIONS:

1. In a large skillet, melt **butter** over medium heat. Cook **chops** in butter, turning once to brown evenly.
2. Pour in **wine or chicken broth**, and season with **salt, pepper, rosemary, and garlic**. Simmer, uncovered, for 20 minutes, or until chops are tender. Transfer pork chops to serving plates, and spoon sauce over the meat.

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Zucchini and Yellow Squash Gratin

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

NUTRITION FACTS, PER SERVING:
228 calories
13g grams of fat
276 mg of sodium



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

- 2 tablespoons butter**
- 2 medium zucchini, sliced 1/8 inch thick
- 2 medium yellow squash, sliced 1/8 inch thick
- 2 shallots, minced
- 2 garlic cloves, minced
- Coarse salt and ground pepper**
- 1/2 cup light cream
- 1 cup panko
- 1/2 cup grated Parmesan cheese

DIRECTIONS:

1. Preheat oven to 450. |
2. In a large skillet, melt **butter** over medium heat; add **zucchini, yellow squash, shallots, and garlic**. Season with a pinch of **salt** and **pepper**. Cook, stirring occasionally, until zucchini and squash are crisp-tender, 4 to 6 minutes.
3. Add **cream**, and cook until thickened, about 5 minutes. Remove skillet from heat; stir in **1/2 cup panko** and **1/4 cup Parmesan**
4. Spoon mixture into a shallow 2-quart baking dish. Sprinkle with remaining **panko** and **Parmesan**. Bake until top is golden, 8 to 10 minutes.

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