



Salmon Baked in Foil with Roasted Potatoes

Prep Time: 15 min.

Cook Time : 25 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

300 calories

18 total grams fat

213 mg of sodium



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

- 4 (5 ounces each) salmon fillets
- 2 teaspoons olive oil plus 2 tablespoons**
- Salt and freshly ground black pepper**
- 3 tomatoes, chopped, or 1 (14-ounce) can chopped tomatoes, drained
- 2 shallots, diced
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 lb. small red potatoes
- Olive oil**
- Salt and Pepper**

DIRECTIONS:

1. Preheat the oven to 400 degrees F.
2. Sprinkle **salmon** with **2 teaspoons olive oil, salt, and pepper**.
3. Stir the **tomatoes, shallots, 2 tablespoons of oil, lemon juice, oregano, thyme, salt and pepper** in a medium bowl to blend.
4. Wash **potatoes** and pat dry. If small leave them whole, if too large, quarter them. Toss them with **olive oil** and sprinkle with **salt and pepper**. Place on a baking sheet and put in the oven at the same time with the salmon foils.
5. Place a **salmon fillet**, oiled side down, atop a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the **tomato mixture** over the **salmon**. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed. Place the foil packet on a heavy large baking sheet. Repeat until all of the salmon have been individually wrapped in foil and placed on the baking sheet. Bake until the salmon is just cooked through, about 25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve with the roasted potatoes.

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
- 1/2 cup dry white wine**
- 1/2 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**, 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 (about 7 ounces each), sliced crosswise 1/8 inch thick
- 2 medium yellow squash (about 7 ounces each), sliced crosswise 1/8 inch thick
- 2 shallots, minced
- 2 garlic cloves, minced
- Coarse salt and ground pepper**
- 1/2 cup half and half
- 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 **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**; season with **salt and pepper**. Bake until top is golden, 8 to 10 minutes.

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