



## Chicken Kebabs With Watermelon Salsa

Prep time: 20 min.  
Cook Time : 20 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

311 calories  
95 calories from fat  
232 mg of sodium



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

- 2 lb. boneless skinless chicken breast, cut into 1" cubes
- 8 ounces mushrooms, stemmed (rinse before use)
- 1 bell pepper, cut into ½" cubes
- 2 cups cubed watermelon
- 1 red onion quartered
- 1/4 cup diced yellow bell pepper
- 2 TB. thinly slice green onions
- 1 TB. chopped cilantro (wash and dry before use)
- 1 tsp. grated peeled fresh ginger
- 2 tsp. mirin
- 1 tsp. fresh lime juice
- 1 jalapeno pepper, seeded and minced (see handling hot peppers warning below)
- 8 Wooden skewers
- 1/8 tsp. Salt\*\*
- 1/8 tsp. Pepper\*\*

### DIRECTIONS:

1. Preheat broiler to high. Soak **skewers** in water for 10 minutes.
2. Cut **watermelon** into wedges and cube to make 2 cups. Slice **green onions** to make 2 TB. rinse and chop **cilantro** to make 1 TB., and peel **ginger** and grate or dice finely.
3. To prepare **salsa**: combine cubed **watermelon**, diced **yellow pepper**, sliced **green onions**, chopped **cilantro**, grated fresh **ginger**, **mirin**, **lime juice**, 1/8 tsp **salt** and minced **jalapeno** **Use caution when handling hot peppers, you may want to use gloves to seed and dice the pepper and avoid touching your eyes afterwards**; cover and chill until ready to serve.
4. Thread the **chicken**, **mushrooms**, **onions** and **bell peppers** onto skewers and season lightly with **salt** and **pepper**.
5. Cover broiler pan with cooking spray. Place skewers on pan and broil 12 minutes, turning occasionally, until chicken is cooked through.
6. Serve with **watermelon salsa**.

*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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## Penne Rigate With Spicy Sausage and Zucchini In Tomato Cream Sauce

Prep Time: 15 min

Cook Time : 45 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

450 calories

14.1 g total fat

508 mg of sodium



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

- 8 ounces uncooked penne rigate pasta
- 1 lb. turkey sausage
- 4 cups squash, sliced
- 1 1/2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 1/4 teaspoon crushed red pepper
- 1 tablespoon garlic cloves, minced
- Dash of sugar\*\*
- 2 tablespoons champagne vinegar
- 1 (28-ounce) can diced tomatoes
- 2 tablespoons milk\*\*
- Cooking spray\*\*
- 1 cup part-skim mozzarella cheese, shredded and divided (1/2 cup each)
- 1/4 cup Parmesan cheese, grated and divided (about 2 TB. each)

### DIRECTIONS:

1. Preheat oven to 375°.
2. Cook **pasta** according to package directions for al dente, omitting salt and fat. Drain; set aside.
3. Heat a large nonstick skillet over medium-high heat. Add **sausage** to pan, and sauté for 5 minutes or until browned, stirring to crumble. Using a slotted spoon, remove sausage from pan and place in a large bowl. Wipe drippings from pan with a paper towel. Add **sliced squash** to pan; sauté 3 minutes or until crisp-tender, stirring frequently. Add **oregano, thyme, garlic, red pepper flakes and sugar**; sauté 1 minute, stirring constantly. Add **vinegar**; cook for 30 seconds or until the liquid evaporates. Add **can of diced tomatoes**; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally. Remove pan from heat; stir in **milk**. Add **pasta** and **sausage to tomato mixture**; stir to combine.
4. Spoon half of **pasta mixture** into an 11 x 7-inch glass or ceramic baking dish coated with **cooking spray**, or divide half evenly among 4 individual dishes coated with **cooking spray**. Sprinkle **1/2 cup mozzarella cheese and 2 tablespoons Parmesan** over pasta. Top with remaining **pasta mixture**; sprinkle evenly with remaining **1/2 cup mozzarella and remaining 2 tablespoons Parmesan cheese**. Bake at 375° for 20 minutes or until browned and bubbly.

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