



Chicken Kebabs With Watermelon Salsa

Prep time: 18 min.
Cook Time : 15min
Serves: 4

NUTRITION FACTS, PER SERVING:

311calories
9% calories from fat
232 mg of sodium



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

- 2 lb. boneless, skinless chicken breast, cut into 1" cubes **Hoffman's Market, Hagerstown MD**
- 8 ounces baby bella button mushrooms, stemmed (rinse before use)
- 2 bell peppers, cut into ½" cubes
- 2 cups cubed watermelon
- 1 red or yellow onions cut into ½" squares
- 1/4 cup diced yellow bell pepper
- 2 Tbsp. thinly slice green onions
- 1 Tbsp. 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
- 8 Wooden skewers
- 1/8 tsp. Salt**
- 1/8 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 Tbsp; rinse and chop **cilantro** to make 1 Tbsp.; 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.

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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6. Serve with watermelon salsa.





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
- 8 ounces turkey sausage **Hoffman's Meat Market, Hagerstown MD**
- 4 cups zucchini, sliced
- 1 1/2 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/4 tsp 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 Tbsp. 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 **zucchini** 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, 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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