



## Lemon Chicken Skillet Dinner

Prep Time: 15 min  
Cook Time : 40 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

342 Calories  
8.6 g. total fat  
642 mg of sodium



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

- 12 ounces baby red potatoes, halved
- 1 tablespoon olive oil, divided\*\*
- 4 (6-ounce) skinless, boneless chicken breast halves, pounded to 3/4-inch thickness
- 3/4 teaspoon kosher salt, divided\*\*
- 1/2 teaspoon freshly ground black pepper, divided\*\*
- 2 thyme sprigs
- 4 ounces cremini mushrooms, quartered
- 1 tablespoon chopped fresh thyme
- 1/4 cup whole milk\*\*
- 5 teaspoons all-purpose flour\*\*
- 1 3/4 cups unsalted chicken stock
- 8 very thin lemon slices
- 1 (8-ounce) package trimmed haricots verts (French green beans)
- 2 tablespoons chopped fresh flat-leaf parsley

### DIRECTIONS:

1. Preheat oven to 450°.
2. Place **potatoes** in a medium saucepan; cover with **water**. Bring to a boil, and simmer 12 minutes or until tender. Drain.
3. Heat a large ovenproof skillet over medium-high heat. Add **1 teaspoon oil** to pan. Sprinkle **chicken** with **1/4 teaspoon salt and 1/4 teaspoon pepper**. Add **chicken** and **thyme sprigs** to pan; cook 5 minutes or until chicken is browned. Turn chicken over. Place pan in oven; bake at 450° for 10 minutes or until chicken is done. Remove **chicken** from pan.
4. Return pan to medium-high heat. Add remaining **2 teaspoons oil**. Add **potatoes**, cut sides down; **mushrooms**; and **1 tablespoon thyme**; cook 3 minutes or until browned, stirring once. Combine **milk** and **flour** in a small bowl, stirring with a whisk. Add remaining **salt**, remaining **pepper**, **flour mixture**, **stock**, **lemon**, and **beans to pan**; simmer 1 minute or until slightly thickened. Add **chicken**; cover, reduce heat, and simmer 3 minutes or until beans are crisp-tender. Sprinkle with **parsley**.

*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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## Stuffed Peppers With Rice and Beef

Prep Time: 10 min.

Cook Time : 30 min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

312 calories

9.8 g of fat

543 mg of sodium



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

- 4 green bell peppers
- 1 pound ground beef
- 1/4 cup chopped onion
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon salt\*\*
- 1/4 teaspoon black pepper\*\*
- 1/2 cup brown rice
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- 5 ears of corn

### DIRECTIONS:

1. Wash bell **peppers**. Cut bell peppers in half lengthwise; discard seeds and membranes. Place bell pepper halves, cut sides up, in an 11 x 7inch baking dish. Microwave at HIGH 6 to 7 minutes or until tender.
2. In a sauce pan bring **1 cup of water** to a boil. Once water is boiling add **1/2 cup rice and 1 pinch salt**. Lower heat to a gentle simmer. Cook rice with lid on for 20 minutes or until done, the rice will be firm but tender, and no longer crunchy. It is fine if it's slightly sticky but shouldn't be gummy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off. When the rice is done, turn off the heat and take off the lid. Fluff the rice with a spoon or a fork, and let it sit for a few moments to "dry out" and lose that wet, just-steamed texture.
3. Once rice is cooked, heat a large nonstick skillet over medium-high heat. Cook **beef and chopped onion** until browned, stirring to crumble beef. Drain, if necessary; return to pan. Stir in dried **Italian seasoning, salt, black pepper, brown rice, and marinara sauce**. Cook 1 to 2 minutes or until warm, stirring occasionally.
4. Fill bell pepper halves with beef mixture; sprinkle evenly with **mozzarella cheese**. Microwave at HIGH 2 to 3 minutes or until cheese melts.
5. Arrange **1 to 4 ears of corn**, un-shucked, in the microwave. If you prefer, you can set them on a microwaveable plate or tray. If you need to cook more than 4 ears of corn, cook them in batches. For just 1 or 2 ears of corn, microwave for 3 minutes. For 3 or 4 ears, microwave for 4 minutes. When the silks and top leaves are cool enough to handle, shuck the husks off the cobs. The corn will stay quite warm in their husks, so wait to shuck them until just before serving.

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