



Spicy Chicken and Black Beans Tostadas with Jicama Slaw

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

NUTRITION FACTS, PER SERVING:

349 calories
10.8 g of fat
600 mg of sodium



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

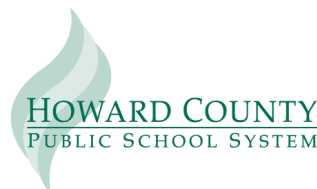
- 3/4 cup shredded peeled jicama
- 1/3 cup finely shredded red cabbage
- 1/4 cup chopped red onion
- 1/4 cup chopped fresh cilantro
- 1 tablespoon lime juice
- 1/8 teaspoon kosher salt**
- 2 teaspoons chili powder
- 2 teaspoons dried oregano
- 1/4 teaspoon pepper**
- 1/8 teaspoon kosher salt**
- 3 (6-ounce) skinless, boneless chicken breast halves
- 2 teaspoons canola oil**
- 1 tablespoon lime juice
- 2 tablespoons adobo sauce from canned chipotle chiles in adobo sauce
- 1 (15-ounce) can low sodium black beans, rinsed and drained
- 8 corn tortillas

DIRECTIONS:

1. Combine **jicama, cabbage, onion, cilantro, 1 tablespoon lime juice, and 1/8 teaspoon kosher salt** in a bowl.
2. Combine **chili powder, oregano, pepper, and 1/8 teaspoon kosher salt** in a bowl. Rub spice mixture evenly over **chicken**.
3. Heat a large nonstick skillet over medium-high heat. Add **canola oil**; swirl to coat. Add **chicken** to pan; cook 5-7 minutes on each side or until done. Remove chicken from pan; let stand 5 minutes. Shred chicken or slice very thinly.
4. Place **1 tablespoon lime juice, adobo sauce, and beans** in a microwave-safe bowl. Cover with plastic wrap; microwave at HIGH 40 to 60 seconds or until thoroughly heated. Mash **bean mixture** with a fork; spread evenly over tostadas. Top evenly with **chicken mixture** and **jicama mixture**.
5. **To make the tostadas:** Brush lightly with oil and sprinkle with salt (optional). Bake the **tortillas** in a preheated 400 degree oven for approximately 4 minutes per side, or until they are crispy and golden on each side .

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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Cheesy Meatloaf With Roasted Potatoes

Prep Time: 10 min

Cook Time : 60 min

Serves: 4

****NUTRITION FACTS, PER SERVING:**

254 calories

11.4 g total fat

607 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 ounce panko breadcrumbs (about 1/2 cup)
- Cooking spray**
- 1 cup chopped onion
- 2 teaspoons minced garlic
- 1/2 cup ketchup, divided
- 1 TB dried parsley
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon prepared horseradish
- 1 tablespoon Dijon mustard
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt**
- 1/4 teaspoon freshly ground black pepper**
- 1 large egg, lightly beaten**
- 3 ounces cheddar cheese, shredded
- 1 1/2 pounds ground beef (**you have been given 2 lbs. When thawing the ground beef, place on a plate in the refrigerator since package will leak as meat thaws**)
- 1 lb. red potatoes

DIRECTIONS:

1. Preheat oven to 375°.
2. Heat a skillet over medium heat. Add **onions** and **garlic**, sauté for 3-5 minutes, stirring frequently. Remove pan from heat.
3. In a large bowl, combine **1/4 cup ketchup, parsley, parmesan, horseradish, Dijon mustard, oregano, salt, pepper, egg and cheese**. Stir to combine. Add onion mixture and ground beef. Mix to combine all ingredients. Shape into one large loaf and place on a baking dish coated with cooking spray; spread remaining **1/4 c ketchup** over the loaf. Bake at 375° for 50-60 minutes or until done.
4. Spray a cookie sheet with cooking spray, wash and quarter **potatoes**, place them on the cookie sheet, drizzle with olive oil and season with salt and pepper. Place in the oven with the meat loaf during the last 20 minutes of cooking time.

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