



## Chicken Puttanesca over Fettuccine

Prep Time: 10 min.

Cook Time : 30 min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

417 calories

23 g total fat

815 mg of sodium



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

- 8 ounces uncooked refrigerated fresh fettuccine
- 2 teaspoons olive oil\*\*
- Salt and Pepper\*\*
- 1 1/2 lb cubed chicken **Hoffman's Meat Market, Hagerstown MD**
- 1/4 cup diced onions
- 2 garlic cloves minced
- 2 cups marinara sauce
- 1/4 cup pitted and coarsely chopped kalamata olives
- 1 TB capers
- 1/4 teaspoon crushed red pepper
- 3/4 cup shaved Parmesan cheese
- Chopped basil sprigs –see handling tip below

### DIRECTIONS:

1. Cook **pasta** according to package directions, omitting salt. Drain and keep warm.
2. Heat **oil** in a large nonstick skillet over medium-high heat. Season **chicken** with **salt** and **pepper**. Add **chicken** to pan. Cook 7-10 minutes or until lightly browned, stirring occasionally. Add the **diced onion** and **minced garlic**. Sautee for 3 minutes until soft and fragrant. Stir in **marinara sauce**, **olives**, **capers** and **red pepper flakes**; bring to a simmer. Cook 10 minutes or until chicken is done, stirring frequently. Divide pasta onto 4 plates; top with 1 1/2 cups chicken mixture. Sprinkle each serving with **parmesan cheese**. Garnish with **basil**.

**SPECIAL HANDLING DIRECTION FOR BASIL:** Cut stems of basil and put in water just like a flower to keep fresh.

**DO NOT REFRIGERATE.**

**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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## Pork Medallions with Balsamic Vinegar and Capers with Roasted Sweet Potatoes

Prep Time: 15 min.

Cook Time : 35 mins

Serves: 4

### NUTRITION FACTS, PER SERVING:

377 calories

15.34 g total fat

759 mg of sodium



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

- 1/4 cup all-purpose flour\*\*
- 1 teaspoon garlic salt\*\*
- 1/2 teaspoon freshly ground black pepper\*\*
- 1.5 pounds pork tenderloin, cut into 1 1/2 inch pieces or boneless pork chops
- 2 tablespoons olive oil\*\*
- 1/3 cup balsamic vinegar
- 1/2 cup chicken broth
- 2 teaspoons grated lemon zest, or to taste
- 1 tablespoon capers
- 2 Sweet Potatoes (peeled and diced)
- 1 TB olive oil\*\*
- 1/2 tsp salt and 1/2 tsp pepper\*\*
- Nonstick Spray\*\*

### DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Peel **sweet potatoes** and **cube potatoes**. Spray baking sheet with **nonstick spray**. Place **cubed potatoes** in a bowl and drizzle with **1 TB olive oil, salt and pepper**. Mix well and spread on a baking sheet. Roast sweet potatoes for 15 minutes or until tender.
3. Place the **flour, garlic salt, and pepper** into a plastic bag. Shake to mix, then add the **pork tenderloin pieces**, and shake again to coat. Shake off the excess flour.
2. Heat the **oil** in a large skillet over medium-high heat. Cook the **pork medallions** in the hot oil until golden-brown on both sides, 2 to 3 minutes per side. Pour in the **balsamic vinegar and chicken broth**. Bring to a boil, then reduce heat to medium, and simmer until the pork is no longer pink in the center, about 5-7 minutes. Remove the **pork** to a serving platter, then stir the **lemon zest and capers** into the simmering sauce. Continue simmering until the sauce has thickened to your desired consistency.
3. Drizzle **sauce** over the **pork** and serve with roasted **sweet potatoes**.

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