



White Bean Chicken Chili

Prep Time: 15 min
Cook Time : 45 min
Serves: 4

NUTRITION FACTS, PER SERVING:

344 calories
16 g of fat
894 mg of sodium



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

- 3/4 pound chicken breasts cubed
- 1/4 teaspoon salt**
- 1/4 teaspoon pepper**
- 2 TB canola oil divided**
- 1 medium jalapeno pepper, seeded and diced (**use gloves and don't touch your eyes after dicing**)
- 2 medium poblano peppers, diced
- 1 large onion, diced
- 4 garlic cloves, minced
- 1 TB ground cumin
- 1 1/2 tsp ground coriander
- 1 tsp chili powder
- 2 cans (14.5 ounces each) cannellini beans, rinsed and drained, divided
- 4 cups chicken broth, plus 1 cup extra to thin out if needed towards the end
- 2 limes, one juiced and one cut into wedges for serving
- 1/4 cup chopped cilantro leaves
- 1 cup shredded cheddar cheese
- Sour cream for topping

DIRECTIONS:

1. Cut **chicken breasts** into cubes. Toss **chicken** with **salt** and **pepper**. In a large skillet or large pot, heat **1 tablespoon oil** over medium-high heat; sauté **chicken** until browned. Remove from the skillet and set aside.
2. Add and heat the remaining **1 TB canola oil**. Add the **diced peppers, diced onions, and minced garlic** and sauté until soft and fragrant, about 5 minutes. Season the vegetables with a pinch of **salt** and **pepper** to taste. Add the **cumin, coriander and chili powder** and continue to sauté for 1 more minute to toast the spices. Stir in the cooked **chicken, chicken stock and lime juice** and bring to a simmer.
3. Drain and rinse the **white beans**. In a medium bowl, mash half of the beans with **1/2 cup of chicken broth** with a potato masher until chunky.
4. Add the **mashed bean** and the remaining **whole beans** to the pot and simmer for 30 minutes.
5. After 40 minutes, taste for seasoning and adjust if necessary.
6. Serve the chili in individual bowls and top with **shredded cheese, a dollop of sour cream, chopped fresh cilantro and lime wedges**.

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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Spaghetti Squash Lasagna With Spinach

Prep Time: 15 min.

Cook Time : 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

374 calories

18.9 g of fat

613 mg of sodium



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

- 2 small or 1 large spaghetti squash
- 2 teaspoons olive oil**
- 4 garlic cloves, peeled and thinly sliced
- 1 cup diced onions
- 1 cup diced red peppers
- 1 (7-ounce) fresh spinach (Please wash)
- 1/2 cup part-skim ricotta cheese
- 1/8 teaspoon kosher salt**
- 1 cup shredded part-skim mozzarella cheese (divide into 1/2 cups)
- 1 lb. ground turkey
- 1 1/2 cups marinara sauce
- 1 ounce parmesan cheese, grated
- Spice Packet

DIRECTIONS:

1. Poke **squash** in a few places with a fork. Place the **squash** in a baking dish and microwave for 5 minutes on high to make easier to cut. (Do not microwave whole squash for more than 5 minutes or steam could cause a dangerous situation.) Cut each **squash** in half lengthwise. Scoop out seeds; discard. Place **squash** halves, cut sides down in a microwavable baking dish. Fill dish with about 1/2 inch of water. Microwave on high for 5 minutes. When done, a fork poked through the skin should slide easily into squash. Continue microwaving on high for another 2 to 5 minutes as needed. Use a fork to scrape the strands from inside. Set aside the squash shells for stuffing afterwards. Place strands on clean dish towel; squeeze until barely moist and set aside. Wash **spinach**, pat dry; peel and slice **garlic** and set aside.
2. Heat a large skillet over medium-high heat. Add **oil** to pan; swirl to coat. Add **garlic**; cook 30 seconds. Add **spinach**; cook 1 minute or until spinach wilts. Remove from heat. Combine **spinach mixture, squash strands, ricotta cheese, 1/8 tsp salt, and half of mozzarella cheese** in a medium bowl. Return skillet to medium-high heat. Add **ground turkey** to pan; season with **1/4 tsp salt** and **spice packet**. Cook 5 minutes or until browned, stirring to crumble. Add the **diced onions** and cook for another 5 minutes. Add the **diced peppers** and cook for another couple of minutes. Add **marinara sauce**; cover, reduce heat to medium, and simmer 4 minutes. Remove from heat.
3. Preheat oven to 425°.
4. Spoon **turkey** and **sauce mixture** evenly into the bottom of each squash half. Top evenly with **squash mixture**. Sprinkle evenly with remaining **mozzarella cheese and parmesan cheese**. Bake at 425° for 20 minutes.
5. Preheat broiler to high (keep squash in oven). Broil squash 1 to 2 minutes or until cheese is golden brown and bubbly. Remove from oven; let stand 10 minutes.

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