



Turkey Chili on Delicata Squash Bowls

Prep Time: 10 min

Cook Time : 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

578 Calories

16.87 Gm of fat

883 mg of sodium



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

- 1 Tbsp. olive oil**
- 1 lb. ground turkey
- 1 Tbsp. minced garlic
- 2 1/2 tsp. ground cumin
- 1/4 tsp. salt and 1/4 tsp pepper**
- 1 can low sodium chicken broth
- 1 can black beans
- 2 cups corn kernels
- 1/2 cup salsa Verde
- 1/2 cup brown rice
- 1 cup chopped sweet onion
- 1/2 cup chopped cilantro
- 2 Delicata Squash

DIRECTIONS:

1. Heat **oil** in a deep, large nonstick skillet over high heat. Add **turkey** and **minced garlic** and cook, stirring to break up meat, 3 to 4 minutes until browned. Add **cumin, salt** and **pepper**. Cook and stir about 30 seconds.
2. Drain and rinse **black beans** with water.
3. Stir in **broth, beans, corn, salsa Verde** and **brown rice**. Bring to a boil, reduce heat and cover. Let the mixture simmer, stirring occasionally, 20—25 minutes until rice is tender.
4. While the chili is cooking, Preheat oven to 400 degrees. Cut **delicata squash** in half lengthwise and scoop out seeds. Drizzle **olive oil** into the bottom of baking dish to coat. Season squash halves with **salt** and **pepper**; arrange into baking dish with flesh side down. Bake in preheated oven until a fork easily pierces through the skin and flesh, about 25 minutes.
5. Remove **chili** from heat, stir in **onion** and **chopped cilantro**. Spoon chili into delicata squash bowls and serve. You can eat the skin of the delicata squash.

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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Thai Coconut Chicken Soup

Prep Time: 20 min
Cook Time : 20 min
Serves: 4

NUTRITION FACTS, PER SERVING:

440 calories
10 g of total fat
700 mg of sodium



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

- 2 teaspoons canola oil**
- 1 1/2 cups sliced mushrooms
- 1 cup chopped red bell pepper
- 4 teaspoons peeled minced fresh ginger
- 4 garlic cloves, minced
- 2 (3-inch) stalks lemongrass, halved lengthwise—**Rinse before using**
- 2 teaspoons sambal oelek (ground fresh chili paste)
- 1 quart low sodium chicken broth
- 1 can coconut milk
- 4 teaspoons fish sauce
- 1 tablespoon sugar**
- 3 boneless chicken breasts (3/4 lb. total weight)
- 1 TB olive oil**
- 1/2 cup green onion strips
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 4 ciabatta rolls

DIRECTIONS:

1. In a large nonstick skillet heat **1 TB olive oil** over medium high heat. Sear and cook **chicken breasts** about 5 minutes per side until no longer pink inside. Remove **chicken breasts** and thinly slice each breast. Set aside.
2. Heat a Dutch oven or large pot over medium heat. Add **2 tsp canola oil** to pan; swirl to coat. Add **sliced mushrooms** and the next **4 ingredients (through washed lemongrass)**; cook 3 minutes, stirring occasionally. Add **sambal oelek (chili paste)**; cook 1 minute. Add **chicken broth, coconut milk, fish sauce, and sugar**; bring to a simmer. Reduce heat to low; simmer for 10 minutes. Add **sliced chicken** to pan; cook 5-10 minutes or until thoroughly heated. Discard **lemongrass**. **Top with greens onions, cilantro, and lime juice.**
3. Warm **ciabatta rolls** in a 400 degree oven for 10 minutes.

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