



Honey Garlic Pork Chops and Moroccan Roasted Green Beans

Prep Time: 15 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:

413 calories
16 g total fat
316 mg of sodium



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

- 1 lb. green beans, washed and trimmed
- 2 cloves garlic (minced)
- Salt**
- 4 pork chops
- 1/2 cup ketchup
- 2 2/3 tablespoons honey
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons olive oil**
- 1 tablespoon Ras el Hanout seasoning
- Black Pepper**

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Wash and trim the **green beans**. Toss **green beans, 2 Tbsp olive oil, 1/4 tsp salt, 1/4 tsp black pepper and 1 Tbsp Has el ranout seasoning** in a bowl. Spread out on a large cookie sheet. Roast for 20 minutes. Remove from the oven and stir. Return to the oven and roast an additional 10 minutes.
3. Whisk **ketchup, honey, soy sauce, and garlic together** in a bowl to make a glaze.
4. **Grilled pork chops:** Preheat grill on medium heat and lightly oil the grate. Sear the **pork chops** on both sides on the preheated grill, lightly brush glaze onto each side as the pork chops grill, cook until no longer pink in the center, about 7 to 9 minutes per side. An instant thermometer inserted into the center should read 145 degrees F or (63 degrees C) .
5. **Baked pork chops:** Heat 1 Tbsp canola oil in a large oven proof nonstick skillet over medium high heat. Sear the pork chops on both sides. Transfer pork chops to a baking sheet sprayed with nonstick cooking spray. Lightly brush glaze onto each side of the chops place in the oven with the green beans. Cook until no longer pink in the center, about 7 to 9 minutes per side. An instant read thermometer inserted into the center should read 145 degrees F (63 degrees C).

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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Moussaka

Prep Time: 40 min
Cook Time : 1 hour
Serves: 8

NUTRITION FACTS, PER SERVING:
283Calories
16 g of fat
452 mg of sodium



INGREDIENTS: ** Items not included in kit

- 2 medium eggplants (about 1.5 lbs.) sliced crosswise 1/4" thick
- 3 medium zucchinis (about 2 lbs.) sliced crosswise 1/4" thick
- Salt and Pepper**
- 1/4 cup extra virgin olive oil**
- 1 bunch scallions, thinly sliced
- 3 cloves garlic, finely diced
- 1 lb. lean ground beef
- 1 (15 oz.) can crushed tomatoes
- 3 oz. shredded swiss cheese
- 1 pint low fat cottage cheese
- Parchment paper or Aluminum foil sprayed with cooking spray**

DIRECTIONS:

1. Place the **sliced eggplant** and **sliced zucchini** in two separate large bowls and season with **salt**. Let it stand for 40 minutes to pull the moisture out of the vegetables. Rinse the vegetables with water and pat dry. After they are dried, toss the vegetables with **3 TB olive oil**.
2. Preheat oven to 500 degrees. Line 2 baking sheets with parchment paper or aluminum foil sprayed with cooking spray. Arrange in a single layer the **vegetables** on the prepared baking sheets. Roast until golden, about 20 minutes.
3. While the vegetables are roasting, in a large skillet heat the remaining **1 TB olive oil** over medium heat. Add the **scallions** and **garlic** and cook for 2 minutes; add the **ground beef** and cook breaking up the meat, for about 4 minutes. Add the **15 oz crushed tomatoes** and simmer until thickened, about 10 minutes. Season with **salt** and **pepper**.
4. Once the vegetables are roasted, transfer them to a 9 x 11 baking dish and lower the oven temperature to 350 degrees.
5. Spoon the **meat sauce** over the **eggplant** and **zucchini**. Top with half of the shredded **swiss cheese**.
6. Using a food processor, puree the **cottage cheese**. Spoon the puree onto the moussaka and spread over the meat sauce. Top with the remaining **swiss cheese** and bake for 20 minutes.

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