



## Turkey Meatloaf with Mashed Potatoes

Prep Time: 10 min  
Cook Time : 1 hr  
Serves: 6

### NUTRITION FACTS, PER SERVING:

411 calories  
18.41 g of fat  
466 mg of sodium



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

- 3/4 cup quick-cooking oats
- 1/2 cup skim milk\*\*
- 1/2 cup thinly sliced onions
- 1/2 cup diced onions
- 2 lbs. ground turkey
- 1/2 cup chopped red bell pepper
- 2 eggs, beaten
- 2 tsp Worcestershire sauce
- 1/4 cup ketchup
- 1/2 tsp salt\*\*
- Black Pepper\*\*
- 1 (8 oz.) can tomato sauce
- 1 lb. potatoes
- 2 Tbsp butter\*\*
- 1/4 cup milk\*\*

### DIRECTIONS:

1. Preheat oven to 350 degrees.
2. In a small bowl, stir together the **oats** and **milk**.
3. In a large bowl combine the **ground turkey, oat mixture, chopped onion, chopped bell pepper, eggs, Worcestershire sauce, ketchup, 1/2 tsp salt and pinch of black pepper**. Mix until well combined. Transfer the mixture to a 9 X13 inch baking dish and shape into a loaf about 5 inches wide and 2 1/2 inches high. Pour the **tomato sauce** over the meatloaf and sprinkle with the **sliced onions**.
4. Bake for about 1 hour or until an instant read thermometer registers 160 degrees.
5. Wash **potatoes**, put **potatoes** in a pot, cover with **cold water** and season with **salt**. Cover pot and bring to a boil, then uncover and continue cooking until tender, about 15 minutes. Cover and set aside.
6. Drain **potatoes**, saving **1/4 cup of liquid**. Return **potatoes** to the pan; add the **milk and butter** and mash, adding saved **cooking liquid** as needed. Season with **salt** and **pepper**. Serve with the meatloaf.

*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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## Olive Crusted Cod with Lemon Maple Glazed Sweet Potatoes

Prep Time: 20min  
Cook Time : 30 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

365 calories  
15.89 g total fat  
359 mg of sodium



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

- 4 cod fillets
- 3/4 cup of mixed olives (Kalamata and green)
- 1/2 cup sundried tomatoes
- 2 garlic cloves
- 3 green onions
- 3/4 cup fresh parsley
- Juice of 1 lemon
- Olive Oil\*\*
- Salt and Pepper\*\*
- 2 medium sweet potatoes
- 1 lemon zested
- 1/4 cup maple syrup
- 2 Tbsp butter\*\*
- 1/2 tsp cinnamon
- 1/4 cup pecan halves
- Aluminum Foil\*\*

### DIRECTIONS:

1. **Olive Mixture:** Rough chop the **olives, sundried tomatoes, garlic, green onions** and **parsley** in a food processor, or chop by hand.
2. Use heavy duty foil and cut it large enough to be able to enclose fish without leakage. One per fillet.
3. Drizzle bottom of **foil** with **olive oil**. Pat dry the **fish** with paper towels and place on oiled foil sheet.
4. Spread **olive mixture** all over the top of the fish fillet.
5. Using a zester, **zest the lemon** being careful not to zest the white part (pith) which is bitter, set aside for later.
6. Whisk together the **juice of 1 lemon** and **1 tsp olive oil** and drizzle that on top of the **olive crusted fish**.
7. Crimp foil to enclose fish and place packet on a baking sheet or baking dish.
8. Place in a preheated oven at 400 degrees for around 15 minutes.
9. Peel the **sweet potatoes** and cut into 1-inch chunks. Place the potatoes in a medium saucepan and cover with **water** and a **pinch of salt**. Bring to a boil and cook, about 15 minutes or until fork tender.
10. Drain the **sweet potatoes** and return to the pot. Stir in **¼ cup of maple syrup, 2 Tbsp butter** and **½ tsp of cinnamon**. Cook over medium heat until glazed.
11. Top with **pecan halves** and **grated lemon zest**. Season with salt and pepper to taste.

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