



## Spinach Tomato Tortellini with Chicken

Prep Time: 10 min  
Cook Time : 20 min  
Serves: 6

**NUTRITION FACTS, PER SERVING:**  
400 calories  
19.7 g of fat  
885 mg of sodium



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

- 1 (16 ounce) package fresh cheese tortellini
- 3/4 lb cubed chicken or 2 boneless chicken breasts equivalent to 3/4 lbs.
- 1 (14.5 ounce) can diced tomatoes with basil, garlic and oregano
- 1/2 cup diced onions
- 1 1/2 cups chopped fresh spinach
- 1 TB olive oil\*\*
- 1/2 teaspoon salt\*\*
- 1/4 teaspoon pepper\*\*
- 1/4 teaspoon red pepper flakes
- 1 teaspoon dried basil
- 2 teaspoons minced garlic
- 2 tablespoons all-purpose flour\*\*
- 3/4 cup milk\*\*
- 3/4 cup cream
- 1/2 cup grated Parmesan cheese

### DIRECTIONS:

1. Season cubed **chicken** with **salt** and **pepper**. Heat **1 TB olive oil** over medium high heat in a large nonstick skillet. Add **chicken** and cook until browned on all sides. (Skillet should be large enough to be able to add the cooked tortellini afterwards).
2. Once the chicken is browned on all sides, add the **minced garlic, diced onions and red pepper flakes**. Toss with the chicken for about 1 minute.
3. Add the **tomatoes and dried basil**. Cook and stir until the mixture begins to bubble, reduce heat to medium low and let the mixture simmer for 10 minutes.
4. In a medium bowl, whisk together the **flour, milk and cream**. Stir this mixture into the saucepan along with the **Parmesan cheese**. Heat through, then reduce heat to low, and simmer until thick, about 2 minutes.
5. While the sauce is simmering bring a large pot of **water** to boil. Add the **tortellini** and cook following package instructions.
6. Drain the **tortellini**, but do not rinse, then pour them into the saucepan with the **sauce**. Stir to coat
7. Add the **chopped spinach** and stir until spinach wilts. Serve right away.

*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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## Baked Salmon with Garlic and Dijon

Prep Time: 10 min  
Cook Time : 20 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

270 calories  
19 g of fat  
373 mg of sodium



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

#### Ingredients

- 4-5oz salmon fillets
- 2 Tbsp fresh parsley, chopped
- 3 garlic cloves, minced
- ½ Tbsp Dijon mustard
- ½ tsp salt\*\*
- ⅛ tsp black pepper\*\*
- 2 Tbsp light olive oil (not extra virgin)\*\*
- 2 Tbsp fresh lemon juice
- Lemon slices

#### DIRECTIONS:

1. Preheat the oven to 450° F.
2. Line rimmed baking sheet with silpat or foil.
3. In a small bowl, combine: **2 Tbsp parsley, 2-3 minced garlic cloves, ½ Tbsp Dijon mustard, ½ tsp salt, ⅛ tsp pepper, 2 Tbsp oil and 2 Tbsp lemon juice.**
4. Arrange **salmon fillets** on a lined baking dish. Generously brush top and sides of salmon with **sauce** and top with **lemon slices**.
5. Bake at 450°F for 12-15 min or until just cooked through and flaky. Don't over-cook.

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## Green Beans with Mushroom and Shallots

Prep Time: 15 min  
Cook Time : 16 min  
Serves: 6

### NUTRITION FACTS, PER SERVING:

40 calories  
5 g of fat  
7 mg of sodium



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

- 1 pound fresh green beans, trimmed and cut into 1 inch pieces
- 1 tablespoon water\*\*
- 2 tablespoons olive oil\*\*
- 1/3 cup sliced shallots (about 2 medium)
- 3/4 pound sliced mushrooms (cremini or baby bella)
- Salt and freshly ground black pepper\*\*

### DIRECTIONS:

1. Put **green beans** in a microwave-safe bowl with **1 TB water**. Cover tightly and microwave on high for 4 minutes. Carefully remove the cover, drain in a colander, shaking off any excess water, and set aside.
2. While the beans are cooking, heat the **oil** over medium-high heat in a large nonstick skillet. Add the **shallots** and cook, stirring, until softened slightly, about 2 minutes. Add the **sliced mushrooms** and cook, stirring occasionally, until the water they release has evaporated and they begin to brown, about 10 minutes. Add the **green beans** and stir to combine and rewarm. Season with **salt** and **pepper** and serve.

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