



## Baked Salmon with Garlic and Dijon, Roasted Broccoli and Aromatic Rice

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*

- 4-5 oz salmon fillets
- 2 Tbsp fresh parsley, chopped
- 3 garlic cloves, minced
- 1/2 Tbsp Dijon mustard
- 1/4 tsp salt\*\*
- 1/8 tsp black pepper\*\*
- 2 Tbsp light olive oil \*\*
- 2 Tbsp fresh lemon juice
- Lemon slices
- 1 lb broccoli
- 4 green onions
- 1" piece of ginger, minced
- 1 1/2 cups of jasmine rice

### DIRECTIONS:

1. Preheat the oven to 450° F.
2. Wash and dry all the vegetables. Peel and finely dice the **ginger**. Cut off and discard the root ends of the **green onions**; thinly slice separating the white bottoms and the green tops.
3. In a medium size pot, heat **2 tsp of olive oil** over medium high heat. Add the **ginger** and **sliced white bottoms** of the **green onions**, season with **salt** and **pepper** and cook stirring for 1 minute. Add the **jasmine rice**, stir to coat and add **2 cups of water** carefully. Bring to boil, stir, reduce heat to low, cover and cook for 17 minutes or until liquid is absorbed and rice is tender.
4. Line rimmed baking sheet with foil sprayed with non stick oil. To prepare the sauce, in a small bowl, combine: **2 Tbsp parsley, 2-3 minced garlic cloves, 1/2 Tbsp Dijon mustard, 1/4 tsp salt, 1/8 tsp pepper, 2 Tbsp olive oil** and **2 Tbsp lemon juice**.
5. Arrange **salmon fillets** on the prepared baking sheet. Generously brush top and sides of salmon with **sauce** and top with **lemon slices**.
6. On another line rimmed baking sheet sprayed with non stick oil, place the **broccoli florets**, drizzle with **olive oil** and season with **salt** and **pepper**.
7. Bake **salmon** and **broccoli** for 15-20 min or until fish is just cooked through and flaky and broccoli florets are fork tender.
8. Serve **salmon** over **aromatic rice** with a side of **roasted broccoli**.

*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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## Mushroom Beef Sloppy Joes and Kale Chips

Prep Time: 10 min.

Cook Time : 20 min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

480 calories

11.4 g of fat

300 mg of sodium



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

- 8 oz. sliced mushrooms
- 1 lb. ground beef
- 1/2 cup chopped onion
- 1 garlic clove
- 8 oz. can of no salt added tomato sauce
- 1 Tbsp. chili powder
- 1 Tbsp. brown sugar
- 1 tsp. cider vinegar
- 1/4 tsp. ground black pepper\*\*
- 4 whole wheat hamburger buns
- 1 bunch Kale

### DIRECTIONS:

1. Rinse & chop **mushrooms** to approximate size and texture of ground beef. Mince the **garlic clove** and set aside.
2. Heat a sauté pan over medium-high heat. Add **ground beef and mushrooms**, and cook. Sauté until ground beef is cooked. Remove mushroom-beef mixture from pan and set aside. Pour off excess fat from pan.
3. Add **onion** and **minced garlic** to pan; cook until golden. Return **mushroom-beef mixture** to pan, along with **tomato sauce, chili powder, brown sugar, cider vinegar and black pepper**.
4. Simmer about 10 minutes; remove from heat.
5. Serve on hamburger bun.
6. To make the **kale chips**: Wash and thoroughly dry **kale**. Remove the ribs and tear kale into bite size pieces. Drizzle with **1 TB olive oil** and season with **1/4 tsp salt**. Place kale on a baking sheet and bake at 325 degrees for 15 minutes.

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