



## Italian Sausage Hoagies With Spinach Strawberry Salad

Prep Time: 15 min  
Cook Time : 20 min  
Serves: 4  
Serving Size: 1 hoagie

### NUTRITION FACTS, PER SERVING:

710 Calories  
45.6 g total fat  
1015 mg of sodium



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

- 4 (2-ounce) hoagie rolls, halved lengthwise
- 9 ounces Italian sausage (Pork) , cut into 1-inch-thick pieces
- 1/2 cup chopped onion
- 1 teaspoon minced fresh garlic
- 1 cup lower-sodium marinara sauce
- 1 small red bell pepper, thinly sliced
- 1/4 teaspoon freshly ground black pepper\*\*
- 1/2 cup mozzarella cheese
- Salt and pepper\*\*

### Spinach and Strawberry Salad

- 8 oz. fresh spinach (Must wash and dry before using)
- 2 cups of sliced strawberries (Rinse and dry before using)
- 1/4 cup feta cheese
- 1/4 cup sliced red onions
- 1/4 cup vegetable oil\*\*
- 1 Tbsp. sesame seeds
- 1/2 Tbsp. poppy seeds
- Honey Maple Walnuts
- 1/8 cup champagne vinegar
- 1/4 cup sugar\*\*
- 1/8 tsp paprika
- 1/4 cup feta cheese

### DIRECTIONS:

1. Preheat broiler to high.
2. Hollow out top halves of **rolls**. Arrange rolls, cut sides up, on a baking sheet. Broil 1 1/2 minutes or until toasted. Set aside.
3. Cut **sausage** into 1" pieces. Heat a large skillet over medium-high heat. Add sausage to pan; cook 3 minutes or until lightly browned, stirring occasionally. Add **onion and garlic**; cook 1 minute. Add **marinara, bell pepper, and black pepper**; bring to a boil. Reduce heat, and simmer 6 minutes or until bell pepper is crisp-tender.
4. Arrange about **3/4 cup sausage mixture** over bottom half of each roll; sprinkle each serving with about 2 tablespoons cheese. Place on a baking sheet; broil 2 minutes or until cheese melts. Top with top halves of rolls.
5. In a large bowl, toss together the torn into bite-size pieces **spinach, sliced red onions and strawberries**. Crumble the **walnuts** and add to the salad along with the **feta cheese**.
6. In a medium bowl, whisk together the **remaining ingredients** . Pour over the salad and gently toss to coat.

*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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## Turkey Chipotle Soft Tacos

Prep Time: 15 min.

Cook Time : 10min.

Serves: 4

**NUTRITION FACTS, PER SERVING:**

419calories

21% of calories from fat

722 mg of sodium



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

- 1 pound ground turkey *Hoffman's Meat Market, Hagerstown MD*
- 2 cloves garlic, minced
- 1 onion (about 10 oz.) chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 pound kale (must wash and dry before using)
- 2 canned chipotle chilies, drained
- 1 can (15 oz.) tomato sauce (no salt added)
- 8 nonfat flour tortillas (6 1/2 to 7 in.), warmed

**DIRECTIONS:**

1. In a 12-inch nonstick frying pan, combine **turkey, garlic, onion, chili powder, and cumin**. Cook over medium-high heat, stirring often, until meat is lightly browned, 7 to 8 minutes.
2. While meat browns, **chop kale and chipotles**. When meat is ready, add **kale, chipotles, and tomato sauce** to pan and stir. Cover tightly and simmer, stirring occasionally, until kale is wilted, about 10 minutes.
3. Warm **tortillas** following instructions on the package.
4. Transfer mixture to a serving bowl; spoon into tortillas to eat.

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