



Mediterranean Burgers With Couscous Salad

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

NUTRITION FACTS, PER SERVING:

599 calories
18 g of fat
698 mg of sodium



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

- 1 pound ground beef
- 1 1/2 tsp. garlic powder
- 2 tsp. ground cumin
- 1/2 cup plain yogurt
- 1/2 tsp. dried dill
- 1 medium zucchini, halved lengthwise and diced
- 2 medium bell peppers, thick slices
- 2 Tbsp. Oil (Olive or Vegetable)**
- 1 box flavored couscous
- 4 pitas, cut crosswise in half
- 3 oz mixed greens

DIRECTIONS:

1. Heat medium pan over medium heat with **1 Tbsp. oil**.
2. Using hands mix **beef, garlic salt and cumin** in a bowl. Form into four 1/2 in thick patties. Place burgers in pan, cook 3-5 minutes each side or until cooked through. Cover pan with foil or lid with help burger cook quicker and more evenly.
3. In a separate bowl stir **yogurt** and **dill** until blended. Season with **salt** and **pepper** to taste.
4. Heat medium pan over medium heat with **1 Tbsp. oil**. Sauté **zucchini** and **peppers** until slightly brown and tender. Scoop out peppers to a separate bowl.
5. Cut **burgers** and **pitas** in half. Wash and dry greens and line pita halves with **greens**. Add some **pepper strips** and top with half of burger. Spoon on **1 Tbsp. yogurt sauce** on top.
6. Cook **couscous** according to box directions. Once couscous is cooked fluff with fork and stir in **cooked zucchini**. Serve with burgers.

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.

Proudly Sponsored by:





Shrimp and Broccoli Lo Mein

Prep Time: 15 min.

Cook Time : 15 min.

Serves: 4

****NUTRITION FACTS, PER SERVING:**

326 calories

9 g total fat

1020 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 TB sesame oil
- 1/2 lb. white shrimp, peeled and deveined
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 cup broccoli florets
- 1/3 cup thinly sliced carrots (matchstick)
- 6 oz spaghetti, cooked and drained (Your given 1 lb. measure out 6 oz)
- 3 green onions, chopped

For the Sauce

- 1/2 cup low sodium soy sauce (you can thin it out with water or no salt beef broth for less sodium)
- 2 TB brown sugar
- 1 TB sesame oil

DIRECTIONS:

1. Cook **pasta** al dente according to package instructions. Drain and set aside.
2. Rinse and pat dry the **shrimp**.
3. Drizzle a large nonstick skillet with **1 TB sesame oil**. Over medium high heat, cook **shrimp, peppers, broccoli** and **carrots** until veggies are tender and shrimp is pink, 5-7 minutes.
4. In a separate small bowl whisk together all the **sauce ingredients** and add to the **shrimp and veggie mixture**. Bring to boil, reduce heat to a simmer.
5. Stir in **cooked noodles** and **chopped green onions** and cook for 3-4 minutes longer. Serve immediately.

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.

Proudly Sponsored by:

