



## Cheddar Cheeseburgers with Balsamic Glazed Onions and Roasted Potatoes

Prep Time: 20 min  
Cook Time : 45 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

713 calories  
30.17 g of total fat  
1020 mg of sodium



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

- 1.5 lbs ground beef
- 4 hamburger buns
- 2 garlic cloves, minced
- 1.5 cups red onion, diced
- 4 slices cheddar cheese
- 2 Tbsp balsamic vinegar
- 1 Tbsp Italian seasoning
- 1 lb potatoes
- Olive oil\*\*
- Salt and Pepper\*\*

### DIRECTIONS:

1. Wash potatoes and cut into 1" wedges. Place the potato wedges on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat well. Arrange in an even layer skin side down. Roast in a preheated 450 degree oven for 25 minutes or until browned and tender when pierced with a fork.
2. While the potatoes roast, in a medium nonstick skillet heat 1 Tbsp olive oil on medium high heat. Add the diced red onions, season with salt and pepper. Cook stirring occasionally for 5 minutes or until lightly browned and softened. Add the minced garlic, cook stirring frequently for 1-2 minutes, or until fragrant. Add the vinegar; cook stirring occasionally 1-2 minutes or until coated and most of the liquid has cooked off. Transfer to a bowl and cover with foil to keep warm. Rinse and wipe out the pan.
3. Combine the ground beef with Italian seasoning and season with salt and pepper. Mix well and form 4 (1/2 inch) thick patties.
4. In the same skillet you cooked the onions, heat 2 TB olive oil on medium high heat. Add the patties and cook 5 minutes on one side or until browned. Flip the patties cook for an additional 5 minutes on the other side. Flip once more and top with the sliced cheddar cheese. Loosely cover with aluminum foil and cook for an additional 2 minutes or until the cheese is melted and the patties are cooked to your desired degree of doneness. Transfer patties to a plate, cover with foil to keep warm.

**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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# Pasta and Chicken Bolognese with Kale and Parmesan Cheese

Prep Time: 15 min

Cook Time : 35 min

Serves: 4

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

770 calories

14 g fat

640 mg of sodium



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

- 1.5 lbs of ground chicken
- 1 (15 oz) can crushed tomatoes
- 1 box of ziti
- 1 bunch kale
- 2 garlic cloves, minced
- 1 cup yellow onion, diced
- 2 Tbsp tomato paste
- 1/4 cup parmesan cheese
- 2 Tbsp mascarpone cheese
- 1 Tbsp Italian seasoning
- Olive oil\*\*
- Salt and Pepper\*\*

**DIRECTIONS:**

1. Heat a large pot of salted water to boiling and cook the **pasta** according to package instructions. Reserve 1/2 cup of pasta water, then drain **pasta** and return to the pot. While pasta cooks, wash and dry the fresh produce. Remove and discard the stems of the kale; roughly chop the leaves.
2. In a large nonstick skillet, heat 1 Tbsp of olive oil on medium high heat. Add the **ground chicken**; season with **salt and pepper**. Cook frequently breaking the meat apart with a spoon, 10-12 minutes or until browned and cooked through. Transfer to a bowl, leaving any browned bits in the pan.
3. Add a drizzle of olive oil to the skillet and add the **minced garlic** and **diced onions**. Cook stirring occasionally 3 to 4 minutes or until softened and fragrant. Add **tomato paste** and cook stirring constantly for 1 minute. Add the **crushed tomatoes, chopped kale, Italian seasoning** and **1 cup of water** to the pan. Cook 3 to 4 minutes scraping up any browned bits until kale is wilted and sauce is slightly thickened. Add the **cooked chicken**, stir 1 to 2 minutes or until coated. Turn off heat.
4. To the large pot of **cooked pasta**, add the **finished sauce, mascarpone cheese** and **1/4 cup the reserved pasta cooking water** to the pot. Season with salt and pepper and cook on medium heat stirring vigorously for 1 to 2 minutes or until well combined. If pasta seems a bit dry gradually add remaining pasta cooking water. Garnish pasta with the **parmesan cheese**.

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