



Mushroom And Provolone Patty Melt With Kale Chips

Prep Time: 27 min
Cook Time : 27min
Serves: 4

NUTRITION FACTS, PER SERVING:

407 calories
13 g of fat
770 mg of sodium



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

- 1 lb. Ground Beef
- Cooking spray**
- 1 Tbsp. olive oil**
- 1/4 cup thinly sliced onion, divided
- 1/4 tsp. pepper**
- 8 oz. sliced mushroom
- 1 1/2 tsp. flour**
- 1/4 cup beef broth
- 8 slices rye bread
- 4 slices provolone cheese
- Kale Chips
- Salt, pepper and olive oil**

DIRECTIONS:

1. Chop enough of the sliced **onion** to measure 1/4 cup. Combine **chopped onion, beef, 1/8 tsp. pepper** in a medium bowl. Divide beef mixture into 4 equal portions with moist hands, shaping each into a 4 inch oval patty. Press thumb in center of each patty, leaving a nickel sized indentation.
2. Heat a large nonstick skillet over medium high heat. Add **1 teaspoon oil** to pan, swirling to coat. Add patties; cook 4 minutes on each side until done.
3. Heat **2 tsp. oil** in a medium skillet over medium high heat. Add **mushrooms, remaining onion, 1/8 tsp. salt and 1/8 tsp. pepper**; sauté 3 minutes. Sprinkle **flour** over mushroom mixture; cook 1 minute, stirring constantly. Stir in **beef broth**; cook 30 seconds or until thick. Remove from heat; keep warm.
4. When patties are done, remove from large pan. Wipe pan clean; heat over medium-high heat. Coat 1 side of each **bread slice** with **cooking spray**. Place 4 bread slices, coated side down in pan. Top each with **1 patty, 1 slice of cheese**, and one-fourth of **mushroom mixture**. Top with remaining **bread slices**; coat with cooking spray. Cook 2 minutes on each side or until brown.
5. Toss cut up **kale** with **1/2 Tbsp. olive oil** and lightly **salt**. Place kale on baking sheet and bake at 325 degrees F for 15 minutes or until kale is crisp.

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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Asparagus, Chicken and Pecan Pasta

Prep Time: 15 min

Cook Time : 30min

Serves: 4

NUTRITION FACTS, PER SERVING:

613Calories

29.4 g of fat

760 mg of sodium



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

- 1 (16 ounce) package penne pasta
- 1 tablespoon olive oil**
- 1 teaspoon minced garlic
- 1 red bell pepper, chopped
- 1 bunch asparagus, trimmed and cut into 1 inch pieces
- 1 cup chicken broth
- 1/4 cup chopped fresh basil
- Salt to taste**
- 1/2 teaspoon pepper**
- 3 tablespoons butter**
- 2 tbsp olive oil**
- 1 pound chicken breast cubes **Hoffman's Meat Market, Hagerstown MD**
- 1 1/2 cups grated Parmesan cheese
- 1/2 cup pecan halves

DIRECTIONS:

1. Season **chicken** with **salt** and **pepper**. Heat a large dutch oven or pot over medium heat. Add the chicken and cook until browned and done, 5 minutes per side depending on thickness. Once done, remove from pan and set aside.
2. Bring a large pot of lightly **salted water** to a boil. Add **penne pasta** and cook until al dente, 8 to 10 minutes; drain.
3. In the same pan that you cooked the chicken, add **1 tbsp olive oil** and heat over medium heat. Stir in the **garlic, red pepper, and asparagus**; cook and stir 5 minutes until the garlic softens and mellows. Pour in the **chicken broth**, and bring to a boil over medium-high heat. Simmer until the vegetables have softened, then add the **basil, salt, pepper, butter, and chicken**. Cook and stir a few minutes until the chicken is hot. Stir in the **cooked pasta**, then fold in the **Parmesan cheese** and **pecan halves**. Serve.

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