



Honey Garlic Salmon with Broccoli

Prep time: 20 min.
Cook Time : 15 min
Serves: 4

NUTRITION FACTS, PER SERVING:

486 calories
28g total fat
578 mg of sodium



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

- 1 broccoli bunch

Sauce

- 4 TB honey
- 2 TB light soy sauce
- 1 TB white vinegar
- 1 large garlic clove or 2 small, minced

Salmon

- 4 (5 oz.) salmon fillets
- Olive oil**
- Salt and pepper**

Garnish

- Sesame Seeds
- Finely sliced scallions

DIRECTIONS:

1. Take **salmon** out of the fridge and place on counter 15 minutes before cooking. Pat salmon dry with a paper towel and sprinkle with **salt** and **pepper**.
2. Whisk together the **sauce ingredients** in a small bowl.
3. Drizzle **oil** in a non stick skillet and heat over medium high heat. Place **salmon** in the pan and cook the first side for 3 minutes. Turn and cook the other side for 3 minutes until cooked through and flakes.
4. Pour **sauce** over **salmon**. Cook for 1 minute or until it starts to thicken slightly. If the sauce thickens too much before your salmon is finished cooking, just add water 1 TB at a time.
5. Place **salmon** on serving plates, drizzle with **sauce** and sprinkle with **sesame seeds** and **chopped scallions**.
6. Wash **broccoli**, and cut florets off the stem. Place florets in a microwave safe dish with **1 TB of water**. Cover and cook on high for 3-4 minutes. Drain well, drizzle with **olive oil** and season with **salt** and **pepper**.

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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Oven-Fried Parmesan Crusted Chicken

Prep Time: 15 min.

Cook Time : 50 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

470 calories

10 g total fat

488 mg of sodium



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

- 1 cup bread crumbs
- Cooking spray**
- 2 tablespoons Parmesan cheese
- 1/4 teaspoon salt**
- 3/4 teaspoon freshly ground black pepper **
- 3/4 teaspoon regular or smoked paprika
- 3/4 teaspoon garlic powder
- 1 cup plain Greek yogurt
- 2 large egg whites, beaten**
- 1 tablespoon Dijon mustard (3 packets)
- 4 Boneless skinless chicken breast halves
- 1 lb. green beans

DIRECTIONS:

1. Preheat oven to 400°. Pour **bread crumbs** in a shallow bowl. Add **parmesan, salt, pepper, paprika and garlic powder to bread crumbs** and mix. Line a baking pan with tin foil, and lightly coat tin foil with cooking spray; set aside to use for chicken.
2. Combine **yogurt, egg whites, and mustard** in a shallow bowl, whisking well; set aside.
3. Pat **chicken breast** dry with paper towel. Dip chicken into **yogurt mixture** to coat, letting some excess drip off; coat both sides of chicken in **breadcrumb mixture**, patting to adhere.
4. Arrange coated **chicken** in a single layer on prepared baking pan; lightly coat tops of chicken with **cooking spray**. Bake in middle of oven until cooked through (35-40 minutes).
5. In a pot bring **salted water** to boil. Wash and trim **green beans**. Add to boiling water and cook until desired tenderness. Drain, drizzle with **olive oil**, season with **salt** and **pepper**.

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