



Honey Garlic Salmon with Broccoli

Prep time: 20 min.
Cook Time : 10 min
Serves: 4

NUTRITION FACTS, PER SERVING:

486 calories
28g total fat
578 mg of sodium



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

- 4 cups broccoli florets

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

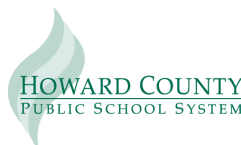
- Sesame Seeds
- Finely Sliced chives or scallions

DIRECTIONS:

1. Take **salmon** out of the fridge 20 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 or to your liking.
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 cooked to your taste, just add water 1 TB at a time.
5. Remove unto serving plates, drizzle with **sauce** and sprinkle with **sesame seeds and chopped scallions/chives**.
6. Wash **broccoli florets** and place in a microwave safe dish with **1 TB of water**. Cover and cook on high for 2 and a half 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: 10 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 2% reduced-fat Greek yogurt
- 2 large egg whites, beaten**
- 1 tablespoon Dijon mustard (3 packets)
- Boneless skinless chicken breast halves *Hoffman's Meat Market, Hagerstown MD*
- 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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