



Caramelized Onion, Sausage, and Basil Pizza with Salad

Prep Time: 15 min.
Cook Time : 45 min.
Serves: 4

NUTRITION FACTS, PER SERVING:

370 calories
16g total fat
988 mg of sodium



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

- Cornmeal, for dusting
- 3 Tbsp. extra-virgin olive oil, plus extra for drizzling**
- 1 Tbsp. unsalted butter, at room temperature**
- 2 onions, thinly sliced
- 1/4 tsp. salt*
- 1/4 tsp. ground black pepper**
- 1 lb. turkey sausage
- All-purpose flour, for dusting**
- 1 ball pizza dough (We included an extra pizza dough ball so you can make an additional pizza)
- 3/4 cup crumbled Gorgonzola Cheese
- 1/4 cup chopped fresh basil leaves
- Mixed Greens

DIRECTIONS:

1. Position the oven rack in the center of the oven. Preheat the oven to 475 degrees F. Sprinkle heavy baking sheet (without sides preferably, but rimmed sheet can be used) with **cornmeal** and set aside.
2. In large skillet, melt **3 Tbsp. of olive oil and butter** over medium low heat. Add the **onions, salt, and pepper**. Cook stirring occasionally, until golden and caramelized, about 15-20 minutes. Increase the heat to medium-high and add the **sausage**. Using a spoon, break up the sausage and cook, stirring constantly, until cooked through, about 8-10 minutes. Set aside to cool slightly.
3. On a lightly floured work surface, roll out the **dough** into a 13-inch diameter circle, about 1/4 inch thick. Transfer the dough to the prepared baking sheet and drizzle with **olive oil**. Spread the onion mixture evenly over the dough, leaving a 1 inch border. Sprinkle the **cheese** on top. Bake until crust is golden and the cheese has melted, about 15 – 17 minutes. Remove from oven and sprinkle with chopped basil. Cut pizza into wedges and serve.
4. Rinse and dry the mixed greens and serve with your favorite salad dressing

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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Crunchy Hawaiian Chicken Wrap

Prep Time: 10 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:

330 calories
6 total grams of fat
308 mg of sodium



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

- 1 Tbsp. oil**
- 1/4 cup Mayonnaise (5 packets)
- 1/8 cup White vinegar
- 1/4 cup Sugar**
- 1 tsp. Poppy Seeds
- 1 1/2 tsp. Garlic Powder
- 1 1/2 tsp. Onion Powder
- 1 1/2 tsp. Chili Powder
- 2 cups Cabbage, shredded
- 1 1/2 cup Carrots, shredded
- 1/4 cup Canned Crushed Pineapple, in 100% juice, **drained**
- 1 cup Spinach (wash, pat dry and chop before using)
- Diced chicken, 1/2" pieces (1 lb.)
- 4 Whole-Wheat Tortillas, 12"

DIRECTIONS:

1. Add **1 Tbsp. oil** to a large skillet and brown **cubed chicken** over medium heat for 15 min or until cooked and season with a pinch of salt and pepper. After chicken is cooked dice into smaller pieces and set aside in a bowl to cool.
2. In a small mixing bowl, combine **mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder** for dressing. Mix well. Cover and refrigerate.
3. Combine **cabbage and carrots mix, drained pineapple, and spinach** in a large bowl. Stir in **dressing and cooked diced chicken**. Mix well. Serve immediately or cover and refrigerate.
4. For each wrap, place **2/3 cup filling** on bottom half of **tortilla** and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

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