



## Pork and Pepper Kabobs

Prep Time: 1 hour

Cook Time : 20 min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

350 calories

4 g total fat

408 mg of sodium



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

- 1/4 cup lower-sodium soy sauce
- 1 tablespoon fresh lemon juice
- 1 tablespoon ketchup (Two packets)
- 2 teaspoons brown sugar
- 1 teaspoon Worcestershire sauce (Please measure out to 1 tsp. You were given extra sauce)
- 1/4 teaspoon crushed red pepper
- 4 garlic cloves, minced
- 1.5 lbs. pork tenderloin cubes
- 1/4 teaspoon kosher salt and 1/4 tsp pepper\*\*
- 2 cups bell pepper cut in wedges
- 1 onion (separate wedges before skewing)
- Cooking spray\*\*
- 1 1/2 Cups Rice
- 8 Skewers

### DIRECTIONS:

1. Soak **skewers** in water while pork is marinating.
2. Place **soy sauce, lemon juice, ketchup, brown sugar, Worcestershire sauce, red pepper flakes, and minced garlic** in a large zip-top bag, close bag and shake to combine marinade. Add **pork**; seal bag, and shake. Place bag on plate and put in the refrigerator for 1 hour, flipping the bag over after 30 minutes.
3. Cook **rice** according to directions.
4. Preheat grill to medium-high heat.
5. Remove **pork** from bag, and discard marinade. Thread **pork** evenly onto 4 skewers; sprinkle evenly with **salt and pepper**. Thread **bell peppers** and **onion wedges** unto remaining 4 skewers. Arrange skewers in a single layer on grill rack coated with cooking spray; grill veges 3-4 minutes on each side and pork 5-8 minutes each side or until desired degree of doneness.
6. Serve **kabobs** over **rice**.

*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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## Greek Turkey Burgers And Green Beans

Prep Time: 15 min.

Cook Time : 40min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

492 Calories

31.42 g total fat

486 mg of sodium



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

- 1.5 lbs. ground turkey
- 1 cup firmly packed spinach chopped—Wash and dry before use
- 1 Tbsp. seasoned bread crumbs
- 1/3 cup crumbled feta
- ¼ tsp oregano
- 1/4 tsp cracked pepper\*\*
- 1/4 cup olive oil plus 2 Tbsp (divided)\*\*
- 4 Hamburger Buns
- 1 cup chopped onion
- ½ clove garlic, minced
- 1 large tomato, diced
- 1 lb. green beans— Wash and trim before use
- Tzazitki Sauce
- 1 tsp sugar\*\*
- salt to taste\*\*

### DIRECTIONS:

- 1. Heat **¼ cup olive oil** in a large skillet over medium heat. Cook and stir the **onions and garlic** in the skillet until tender.
- 2. Add the **green beans, diced tomatoes, sugar, and a pinch of salt and pepper** into the skillet. Reduce heat to low, and continue cooking 15 minutes, or until beans are soft.
- 3. Combine **ground turkey, chopped spinach, bread crumbs, feta, oregano, 1/4 tsp cracked pepper, and 2 tbsp olive oil** in mixing bowl. Divide mixture into fourths; form 4 burgers.
- 4. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil. Place burgers on grill. Reduce heat to MEDIUM.
- 5. Sear **burgers** on grill 2-3 min, until they have changed color about one-quarter of way up from bottom. Turn over; sear 2-3 min. Turn again; reduce heat to MEDIUM-LOW. Close lid.
- 6. Cook 8-10 min until internal temp reaches 165 degrees (check by inserting thermometer halfway into thickest part of burgers). Transfer to clean platter. Serve on buns, with tzazitki sauce and side of green beans.

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# How to Cook Rice on the Stove

## Ingredients:

1 1/2 cups rice  
3 cups water  
1/2 teaspoon salt  
1 tablespoon butter or oil (optional)

## Equipment:

Small (2-quart or so) saucepan with a lid  
Stirring spoon

## DIRECTIONS:

**Pre-cooking:** It's good practice to rinse your rice in a strainer before cooking with the exception of Jasmine Rice. This isn't strictly necessary, but it will rinse off any dusty starch on the surface of the rice along with any leftover chaff or stray particles. (Some type of rice have more starchy coating than others.)

**1. Measure the Rice and Water:** For most rice, use a 1:2 ratio of one cup of rice to two cups of water. Measure a half cup of uncooked rice per person and scale this ratio up or down depending on how much you're making. Some rice varieties will need a little less or a little more water as it cooks, so check the package for specific instructions.

**2. Boil the Water:** Bring the water to boil in a small sauce pan. Rice expands as it cooks, so use a saucepan large enough to accommodate. A 2-quart saucepan for one to two cups of uncooked rice is a good size.

**3. Add the Rice:** When the water has come to a boil, stir in the rice, salt, and butter or olive oil (if using), and bring it back to a gentle simmer.

**4. Cover and Cook:** Cover the pot and turn the heat down to low. Don't take off the lid while the rice is cooking — this lets the steam out and affects the cooking time.

### Approximate cooking times:

- White Rice: 18 to 25 minutes
- Brown Rice: 30 to 40 minutes
- Wild Rice: 45 to 60 minutes

Start checking the rice around 18 minutes for white rice and 30 minutes for brown rice. When done, the rice will be firm but tender, and no longer crunchy. It is fine if it's slightly sticky but shouldn't be gummy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off.

**5. Turn Off the Heat and Remove the Lid:** When the rice is done, turn off the heat and take off the lid. Fluff the rice with a spoon or a fork, and let it sit for a few moments to "dry out" and lose that wet, just-steamed texture.

Rice keeps well in the fridge for several days, so you can make extra ahead to serve later.