



HY-VEE FRESH

Our motto at Hy-Vee is “Making lives Easier, Healthier, Happier!”

Hy-Vee Fresh was created by our Oakdale Hy-Vee Dietitians to do just that! Our goal is to provide a simple & convenient package that empowers customers to prepare one more home-cooked meal. We want to give customers the confidence to be adventurous and try new foods & cooking techniques. With the help from our step by step instructions and pre-measured, fresh ingredients a delicious meal is easy as 1,2,3.



Fresh pre-measured ingredients

Step-by-step cooking instructions

Chef & Dietitian inspired meals

Serves 2 or 4

No subscription - order as few or as many as you like

Oakdale Hy-Vee

For more info:

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651-714-3160

Acapulco Steak Tacos with Cilantro-Lime Rice

HyVee

Serves 2

Ingredients Included:

- white rice
- cilantro
- lime
- shallot
- Roma tomatoes
- jalapeno pepper
- sirloin steak
- avocado
- flour tortillas
- grated Cotija cheese

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Pico de gallo, a fresh tomato salsa, is a staple condiment in Mexican cuisine. Literally meaning “rooster’s beak”, people used to eat it by pinching their thumb and forefinger.

Cotija cheese is a Hispanic-style cheese named after the town of Cotija in the Mexican state of Michoacán. When it’s made, it is white, fresh and salty thus bearing resemblance to feta cheese. However, with aging it becomes hard and crumbly like Parmigiano-Reggiano. Its similarity with Parmesan has earned it the nickname "Parmesan of Mexico".

Avocados offer nearly 20 vitamins and minerals in every serving. They are high in calories and fat, but it's monounsaturated fat, which helps lower cholesterol.

Nutrition Facts

Serves 2	Per serving
Calories	980
Fat	44g
Saturated Fat	14g
Trans Fat	0g
Cholesterol	125mg
Sodium	1470mg
Carbohydrate	91g
Fiber	13g
Sugars	4g
Protein	63g

Daily values: 20% vitamin A, 70% vitamin C, 15% calcium, 15% iron.



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Blue Cheese Steak with Roasted Potatoes and Carrots

Hy-Vee

Serves 2

Ingredients Included:

- fingerling potatoes
- green onions
- parsley
- baby carrots
- Panko breadcrumbs
- blue cheese
- sirloin steak
- sour cream
- cream style horseradish

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Horseradish is a root vegetable used as a spice or condiment. When processed the root is grated, releasing the volatile oils that distinguish horseradish from all other flavors. The ground horseradish is then mixed with distilled vinegar to stabilize the sinus-cleansing “heat.” It is a member of the mustard family.

Fingerling potatoes are named for their nontraditional elongated and knobby appearance, resembling a finger. Fingerlings are often confused for “new” potatoes which are young potatoes that are harvested before they are fully mature. When split length-wise, like in this recipe, they make a great alternative to fries.

Nutrition Facts

Serves 2	Per serving
Calories	640
Fat	42g
Saturated Fat	17g
Trans Fat	0g
Cholesterol	155mg
Sodium	540mg
Carbohydrate	22g
Fiber	4g
Sugars	6g
Protein	43g

Daily values: 180% vitamin A, 25% vitamin C, 25% calcium, 20% iron.



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Caprese Chicken with Parmesan Baked Zucchini

Hy-Vee

Serves 2

Ingredients Included:

- grape tomatoes
- garlic cloves
- zucchini
- fresh mozzarella
- basil leaves
- Parmigiano-Reggiano
- Italian seasoning
- chicken breast
- balsamic vinegar

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Basil is a native of India, and it comes in more than 50 varieties. It pairs well with tomato, fresh mozzarella cheese and balsamic vinegar in salads, pasta dishes, on flat breads and pizzas or on baguette bread as a bruschetta.

Mozzarella, originally made in Italy near Naples from the milk of water buffalo, and called mozzarella di bufala, is now most often made from cows' milk, and is referred to as fior di latte. What distinguishes a superior fresh mozzarella from the rest of the pack? Taste above all. The cheese should taste fresh and reminiscent of milk.

Nutrition Facts

Serves 2	Per serving
Calories	530
Fat	30g
Saturated Fat	13g
Trans Fat	0g
Cholesterol	155mg
Sodium	330mg
Carbohydrate	13g
Fiber	4g
Sugars	8g
Protein	50g

Daily values: 50% vitamin A, 100% vitamin C, 50% calcium, 10% iron.



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Chicken Gyros with Tzatziki Sauce

Hy-Vee

Serves 2

Ingredients Included:

- red bell pepper
- red onion
- mini cucumber
- garlic clove
- lemon
- fresh dill
- plain nonfat Greek yogurt
- boneless, skinless chicken breasts
- Italian seasoning
- pita bread

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

A **Gyro** (pronounced “yee-ro”) is a traditional Greek sandwich typically made with beef or lamb, vegetables, a yogurt-based tzatziki sauce, and served in some type of pita or wrap.

Tzatziki sauce (pronounced “zaa-zee-kee”) is a sauce of Greek origin, made from yogurt, garlic and cucumbers.

Using fresh herbs like **Dill** is a great way to maximize flavor in dishes like these without adding sodium, sugar or extra calories. When using fresh dill, discard the thicker parts of the stems, breaking or snipping off the thinner stems with leaves attached. For best results with herbs, add at the end of cooking, when a heat source has been removed.

Nutrition Facts

Serves 2	Per serving
Calories	480
Fat	8g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	105mg
Sodium	320mg
Carbohydrate	47g
Fiber	5g
Sugars	12g
Protein	47g

Daily values: 40% vitamin A, 140% vitamin C, 20% calcium, 15%



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Chicken Parmesan

Serves 2

Hy-Vee

Ingredients Included:

- grape tomatoes
- broccoli
- garlic
- Panko bread crumbs
- Parmesan cheese
- chicken
- crushed tomatoes
- seasoning mix
- rigatoni
- fresh mozzarella

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

Fresh mozzarella is soft, has a moist texture and is full of milky flavor. Similar to other fresh cheeses, mozzarella is high in water content and therefore low in fat. It has a slightly acidic or lactic taste. Compared to mass-processed mozzarellas, the freshly made variant is creamier and much softer.

Panko bread crumbs: Panko is a type of bread crumb that comes from Japanese cuisine, and is used as a light breading. Panko bread crumbs are different than “regular” bread crumbs because they are always made from a special kind of white bread (as opposed to whole wheat) and without crusts, making them lighter & flakier. As a result, they absorb less oil and grease, making the end result not quite as heavy as a regular breading.

Nutrition Facts

Serves 2	Per serving
Calories	700
Fat	15g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	135mg
Sodium	740mg
Carbohydrate	92g
Fiber	10g
Sugars	17g
Protein	59g

Daily values: 35% vitamin A, 140% vitamin C, 45% calcium, 40% iron.



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Chicken Piccata with Angel Hair & Lemon Caper Sauce

Serves 2

HyVee

Ingredients Included:

- lemon
- parsley
- grape tomatoes
- shallot
- chicken breasts
- white whole wheat flour
- angel hair whole wheat pasta
- chicken bouillon
- evaporated milk
- capers

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Piccata is an Italian name, meaning “larded.” Therefore, whether the meat cutlet comes from veal or chicken, it is fried brown in olive oil or butter. Today, there are many variations of piccata, but the classic Italian sauce typically consists of lemon, broth/wine, butter, salt and pepper. Sometimes other ingredients are added to the lemon sauce like capers, parsley and garlic.

Capers are unripened flower buds that are dried in the sun and then pickled. This curing process brings out their lemony flavor which is similar to green olives.

Nutrition Facts

Serves 2	Per serving
Calories	670
Fat	19g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	105mg
Sodium	610mg
Carbohydrate	75g
Fiber	8g
Sugars	15g
Protein	50g



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Fish Tacos with Lime Cabbage Slaw

HyVee

Ingredients Included:

- cilantro
- garlic clove
- lime
- spice mix
- cod fillets
- plain nonfat Greek yogurt
- honey
- shredded red cabbage
- corn tortillas

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Greek Yogurt can be used in place of many ingredients such as mayo, sour cream or butter to lower fat content in recipes. Make sure to use a conversion chart or use a recipe that has already been tested like this Fish Taco recipe.

Cilantro has bold hints of fresh, citrus flavor and can be used to maximize flavor in dishes like these without adding sodium or sugar. Unlike dried herbs, add fresh herbs toward the end in cooked dishes to preserve their flavor. Also, a general guideline when using fresh herbs in a recipe is to use three times as much as you would use of a dried herb.

Nutrition Facts

Serves 2	Per serving
Calories	550
Fat	13g
Saturated Fat	2.5g
Trans Fat	0g
Cholesterol	120mg
Sodium	250mg
Carbohydrate	49g
Fiber	6g
Sugars	10g
Protein	58g

Daily values: 35% vitamin A, 70% vitamin C, 15% calcium, 15% iron.



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Creamy Avocado Chicken Pasta

Hy-Vee

Serves 2

Ingredients Included:

- avocado
- lemon
- grape tomatoes
- fresh basil
- garlic cloves
- Cremini mushrooms
- chicken breasts
- garlic herb seasoning
- whole-wheat penne pasta
- nonfat plain Greek yogurt
- Parmigiano-Reggiano cheese

Ingredients not included in kit:

- salt and pepper
- olive oil

Special kitchen equipment used:

- Food processor or blender



Ingredient Tips & Facts

Avocados are a nutrition powerhouse containing 20 vitamins, minerals and phytonutrients. Of the fat in avocados, 75% is unsaturated (the healthy fat that helps with satiety (the feeling of fullness) and is also good for heart-health. When picking out an avocado, to test for ripeness, gently squeeze the avocado in the palm of your hand. Avocados are ready to eat when they yield to gentle pressure. To speed the ripening of avocados, store them in a brown paper sack at room temperature for two to five days. You can also add a banana or apple to the sack. These fruits give off ethylene gas which quickens the ripening process even more. To prep an avocado, simply cut the avocado in half; remove the pit, and scoop out the flesh. Discard the skin and pit. Avocado flesh darkens quickly when

Nutrition Facts

Serves 2	Per serving
Calories	810
Fat	34g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	115mg
Sodium	150mg
Carbohydrate	87g
Fiber	18g
Sugars	8g
Protein	54g

Daily values: 20% vitamin A, 45% vitamin C, 20% calcium, 30% iron.



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Enchilada Stuffed Peppers

Serves 2

HyVee

Ingredients Included:

- red bell pepper
- yellow bell pepper
- green bell pepper
- green onions
- jalapeno pepper
- cilantro
- quinoa
- ground turkey
- corn
- enchilada seasoning
- enchilada sauce
- shredded cheddar-jack cheese

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Quinoa, pronounced KEEN-wah, is a grain-like crop originating from South America. It is high in protein, has essential vitamins and minerals such as calcium, phosphorus & iron, and 8 essential amino acids required for good health and repair of muscle. When preparing, use two parts liquid (water, broth) to one part quinoa. Quinoa has a distinctive, nutty taste and cooks up like rice. The outer hull of a quinoa seed is very bitter, so if it is not properly prepared, quinoa can have a bitter flavor. Fortunately, this is easily avoidable by purchasing pre-soaked quinoa or by soaking the quinoa yourself for several hours before using it in a recipe.

Nutrition Facts

Serves 2	Per serving
Calories	720
Fat	31g
Saturated Fat	11g
Trans Fat	0g
Cholesterol	190mg
Sodium	1280mg
Carbohydrate	53g
Fiber	9g
Sugars	19g
Protein	62g

Daily values: 90% vitamin A, 410% vitamin C, 25% calcium, 40% iron.



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Herbed Chicken with Mozzarella, Apple & Quinoa

Hy-Vee

Serves 2

Ingredients Included:

- Roma tomato
- Gala apple
- shallot
- herb mixture
- balsamic vinegar
- honey
- chicken breasts
- red quinoa
- mozzarella pearls

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

Quinoa is an ancient grain that is an excellent source of iron, magnesium and potassium and a good source of calcium. It also provides us with protein and fiber to help keep us full longer. Try it not only in savory dishes but as a substitute for your morning oatmeal! Simply top it with some cinnamon, fresh apple slices and a drizzle of honey or agave for a delicious hot breakfast.

Cooking Tip: Toast quinoa prior to boiling to burn off the bitter outer coating and bring out the rich nutty flavor. Simply pour quinoa into a pot over medium heat and let toast for 2 to 3 minutes or until you hear it start to crackle and pop. Then add in liquid to cook the quinoa completely. Before serving, fluff the quinoa using a fork!

Nutrition Facts

Serves 2	Per serving
Calories	689
Fat	31g
Saturated Fat	9g
Trans Fat	0g
Cholesterol	88mg
Sodium	293mg
Carbohydrate	59g
Fiber	8g
Sugars	18g
Protein	48g

Daily values: 14% vitamin A, 30% vitamin C, 13% calcium, 27% iron.



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Honey-Garlic-Lemon Glazed Salmon with Roasted Potatoes and Asparagus

Serves 2

Hy-Vee

Ingredients Included:

- baby red potatoes
- lemon
- garlic cloves
- thyme
- fresh ginger
- asparagus
- honey
- salmon

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Baby red potatoes are immature potatoes and have a thin skin. Because of their small size, these potatoes are best cooked whole—boiled, steamed and even roasted—allowing the skins to add a colorful element to dishes.

Fresh, green **asparagus** is a well-loved vegetable, delectably crisp and sweet. Asparagus is amazingly versatile: it can be steamed, simmered, roasted, battered, grilled, sautéed or wok-fried. Thinly sliced, it's even wonderful raw in a salad.

Nutrition Facts

Serves 2	Per serving
Calories	520
Fat	13g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	65mg
Sodium	125mg
Carbohydrate	63g
Fiber	7g
Sugars	11g
Protein	38g

Daily values: 25% vitamin A, 130% vitamin C, 6% calcium, 30% iron.



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Italian Sausage with Pesto Pasta & Broccoli

HyVee

Ingredients Included:

- broccoli
- pasta
- sweet Italian sausage
- red pepper flakes
- shredded Parmesan cheese
- basil pesto

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Italian sausage, as it's referred to in the United States, is most often a pork sausage that is made with fennel or anise. It comes "mild," "sweet" and "hot." **Sweet Italian sausage** is also known as mild Italian sausage. Hot Italian sausage contains a dash or two of hot red peppers flakes.

Pesto is a savory green Italian sauce made from a combination of basil leaves, garlic, pine nuts and Parmigiano-Reggiano or Parmesan cheese. The ingredients are combined — in a mortar and pestle or in a food processor — with olive oil, and blended until a paste forms. The word pesto is actually derived from the Italian pestare, which means to pound or to crush.

Nutrition Facts

Serves 2	Per serving
Calories	780
Fat	37g
Saturated Fat	13g
Trans Fat	0g
Cholesterol	65mg
Sodium	1410mg
Carbohydrate	74g
Fiber	2g
Sugars	8g
Protein	38g

Daily values: 180% vitamin A, 25% vitamin C, 25% calcium, 20% iron.



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Lemon Pepper Salmon with Crispy Potatoes and Tomato-Green Bean Sauté

Hy-Vee

Serves 2

Ingredients Included:

- grape tomatoes
- garlic cloves
- fresh dill
- green beans
- Yukon Gold potatoes
- butter
- salmon
- lemon pepper seasoning

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Salmon, compared with other fish has some of the highest amounts of omega-3 oils (DHA and EPA) which are beneficial for the heart, brain and eyes. A serving of salmon contains more vitamin D than a glass of milk. When cooking fish, a good rule of thumb to tell when it is done, is to check if the inside has turned from translucent to opaque (not able to see through), and will break easily into flakes when nudged with a fork.

Using fresh herbs, like **dill**, is a great way to maximize flavor in dishes like these without adding sodium, sugar or extra calories. When using fresh dill, discard the thicker parts of the stems, breaking or snipping off the thinner stems with leaves attached. For best results with herbs, add at the end of cooking, when a heat source has been removed.

Nutrition Facts

Serves 2	Per serving
Calories	670
Fat	36g
Saturated Fat	10g
Trans Fat	0g
Cholesterol	110mg
Sodium	180mg
Carbohydrate	46g
Fiber	9g
Sugars	15g
Protein	43g

Daily values: 680% vitamin A, 100% vitamin C, 20% calcium, 25% iron.



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Lowcountry Shrimp Boil

Serves 2

Hy-Vee

Ingredients Included:

- red potatoes
- parsley
- lemon
- garlic
- corn
- Andouille sausage
- butter
- seasoning
- shrimp

Ingredients not included in kit:

- salt and pepper
- cooking spray or oil



Ingredient Tips & Facts

This recipe is a variation of a **Lowcountry Boil**, a traditional summertime meal from South Carolina and Georgia. Traditionally the ingredients are boiled outdoors in a large pot and served dumped over newspapers on a picnic table and eaten with your hands. Other variations include crawfish and crab.

Parboiling is a partial boiling of food. It is usually a first step in cooking. When parboiling, food items are added to boiling water until they start to soften and removed before completely cooked. The food is then finished by cooking in another way: braised, baked or grilled. The word parboil is a blending of two words: partial and boil.

Nutrition Facts

Serves 2	Per serving
Calories	670
Fat	28g
Saturated Fat	11g
Trans Fat	0g
Cholesterol	185mg
Sodium	700mg
Carbohydrate	72g
Fiber	5g
Sugars	14g
Protein	33g

Daily values: 15% vitamin A, 50% vitamin C, 6% calcium, 15% iron.



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Maple Glazed Pork Chops with Sweet Potatoes & Green Beans

Hy-Vee

Serves 2

Ingredients Included:

- sweet potato
- green beans
- garlic
- pork chops
- butter
- ground cinnamon
- maple syrup
- balsamic vinegar
- pecan pieces

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

Maple syrup is made from the boiled sap of sugar maple trees, primarily in the Northeastern United States and Canada. The taste and color vary depending on the temperature at which the sap was boiled, and how long the sap was cooked. USDA Grade A maple syrup is the most popular grade for everyday use as a topping on pancakes, desserts and other foods. It is usually made throughout most of the short syrup production season. Grade B syrup is generally made toward the end of the season, as the weather warms toward spring and the trees end their winter dormancy. USDA Grade B syrup is much darker and has a stronger flavor, which makes it more suitable for flavoring and cooking purposes. It is thought that this late-season syrup contains more minerals. Grade C syrup is no longer an official USDA syrup grade.

Sweet potatoes can be substituted for regular potatoes in many delicious side dishes, such as potato salad and French fried, roasted, boiled, mashed and baked potatoes. They are an excellent source of vitamins C and A.

Nutrition Facts

Serves 2	Per serving
Calories	480
Fat	24g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	90mg
Sodium	460mg
Carbohydrate	35g
Fiber	6g
Sugars	16g
Protein	33g

Daily values: 360% vitamin A, 45% vitamin C, 10% calcium, 15% iron



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Marinated Sirloin Steak with Sweet Potato Fries and Asparagus

Hy-Vee

Serves 2

Ingredients Included:

- sweet potato
- asparagus
- parsley
- garlic cloves
- sirloin steak
- rice vinegar
- Worcestershire sauce
- honey

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

There are two main types of **sweet potatoes**. The one most commonly called a sweet potato has flesh that is relatively dry and fluffy, with a yellow color and starchy texture. Sweet potatoes that are moister, sweeter, more slender, and have skins that range from orange to purple are often mistakenly referred to as yams. In fact, they are another variety of sweet potato. True yams, which are grown in the tropics, are almost ivory in color, and are more starchy than sweet. Sweet potatoes can be substituted for regular potatoes in many delicious side dishes, such as potato salad and French fries, roasted, boiled, mashed, and baked potatoes.

Nutrition Facts

Serves 2	Per serving
Calories	625
Fat	25g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	100mg
Sodium	530mg
Carbohydrate	53g
Fiber	8g
Sugars	19g
Protein	42g



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Mesquite Chicken with Loaded Potatoes

HyVee

Serves 2

Ingredients Included:

- Russet potato
- grape tomatoes
- green onions
- garlic clove
- chicken breasts
- sliced cremini mushrooms
- cheddar-jack cheese
- sour cream
- mesquite barbecue sauce

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Mesquite: Before it became synonymous with sweet, smoky flavor, mesquite trees were considered an invasive species by Texas cattle ranchers. Their deep root system drank up water from land already stricken by drought and mesquite bean pods were harmful to their cattle. Eventually they figured out the benefit of using the wood in barbecue, and now it fetches a premium price.

For an alternative preparation, brush barbecue sauce on chicken before roasting in oven. This will give it a caramelized, glazed texture.

Nutrition Facts

Serves 2	Per serving
Calories	540
Fat	19g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	130mg
Sodium	1190mg
Carbohydrate	52g
Fiber	6g
Sugars	16g
Protein	43g

Daily values: 25% vitamin A, 20% vitamin C, 20% calcium, 10% iron.



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Parmesan Crusted Sirloin with Roasted Potatoes, Balsamic Onions & Charred Snap Peas

Serves 2

Hy-Vee

Ingredients Included:

- baby red potatoes
- onion
- sugar snap peas
- thyme
- butter
- panko bread crumbs
- grated parmesan cheese
- sirloin steaks
- balsamic vinegar

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

What does it mean to rest meat, and why do it?

When meat cooks, the proteins set in place, squishing all the juice toward the very center of the cut. Allowing the meat to rest, meaning to sit off of the heat for a few minutes before serving, cools the proteins slightly, allowing them to move and redistribute the juices throughout the entire cut of meat. This helps the meat reabsorb the juices and have a more tender mouth-feel.

The proper way to rest steak is to place it on a warm plate and cover it loosely in foil for 3-5 minutes before serving.

Nutrition Facts

Serves 2	Per serving
Calories	623
Fat	27g
Saturated Fat	14g
Trans Fat	0g
Cholesterol	124mg
Sodium	245mg
Carbohydrate	52g
Fiber	4g
Sugars	6g
Protein	46g

Daily values: 7% vitamin A, 67% vitamin C, 5% calcium, 12% iron.



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Pesto Chicken

Serves 2

HyVee

Ingredients Included:

- Asparagus
- garlic
- grape tomatoes
- lemon
- basil
- pine nuts
- parmesan cheese
- chicken breast

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

When measuring fresh herbs like **basil** leaves in this recipe, fill the measuring cup, but do not compress the leaves, let the leaves take up space.

Pesto is a sauce with an easily recognizable green color. This sauce originated in Genoa, Italy in the 16th century, and since then, the ingredients have not changed: garlic, basil, pine nuts, Parmesan cheese, olive oil. The name "pesto" comes from the Italian word "pesta", which means "to pound, crush". This sauce, however, is made by grinding the ingredients together, usually in a food processor. Pesto is most commonly used as a pasta sauce, but can also be used as a spread, dip, salad dressing, or to flavor meat.

Nutrition Facts

Serves 2	Per serving
Calories	520
Fat	39g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	69mg
Sodium	309mg
Carbohydrate	15g
Fiber	5g
Sugars	9g
Protein	29g

Daily values: 40% vitamin A, 83% vitamin C, 14% calcium, 30% iron.



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Pesto Salmon

Serves 2

HyVee

Ingredients Included:

- asparagus
- garlic
- grape tomatoes
- lemon
- basil
- pine nuts
- parmesan cheese
- salmon

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

When measuring fresh herbs like **basil** leaves in this recipe, fill the measuring cup, but do not compress the leaves, let the leaves take up space.

Pesto is a sauce with an easily recognizable green color. This sauce originated in Genoa, Italy in the 16th century, and since then, the ingredients have not changed: garlic, basil, pine nuts, Parmesan cheese, olive oil. The name "pesto" comes from the Italian word "pesta", which means "to pound, crush". This sauce, however, is made by grinding the ingredients together, usually in a food processor. Pesto is most commonly used as a pasta sauce, but can also be used as a spread, dip, salad dressing, or to flavor meat.

Nutrition Facts

Serves 2	Per serving
Calories	478
Fat	31.5g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	64mg
Sodium	549mg
Carbohydrate	18g
Fiber	6g
Sugars	9g
Protein	36g

Daily values: 40% vitamin A, 84% vitamin C, 19% calcium, 28% iron.



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Pork Egg Roll in a Bowl

with crispy wontons & peanuts.

Serves 2

HyVee

Ingredients Included:

- green onions
- celery
- sweet & sour sauce
- Dijon mustard
- ground pork
- Ponzu sauce
- slaw mix
- wonton strips
- roasted peanuts

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Ponzu sauce is a classic Japanese condiment that is citrus based with a tart-tangy flavor that is similar to a vinaigrette. This is a very versatile sauce that can be used for dipping or as a marinade for grilled meats or veggies, it can even be used as a dressing on salads or cold noodles.

Ground pork may be made from the muscle meat and fat of any part of the animal. It is often labeled according to the percentage of fat it contains and is considered lean if it is less than 17% fat. Ground pork, like ground beef, is an easy-to-prepare, quick-cooking meat that can be used by itself or in an endless variety of casseroles, meat loaves, or other specialty dishes such as meatballs.

Nutrition Facts

Serves 2	Per serving
Calories	592
Fat	42g
Saturated Fat	14g
Trans Fat	0g
Cholesterol	122mg
Sodium	673mg
Carbohydrate	19g
Fiber	4g
Sugars	10g
Protein	33g

Daily values: 31% vitamin A, 70% vitamin C, 11% calcium, 15% iron.



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Roasted Tomato & Mozzarella Tortellini Gratin

HyVee

Ingredients Included:

- mushrooms
- yellow onion
- thyme
- spinach
- beef bouillon
- roasted tomato & mozzarella tortellini
- Panko breadcrumbs
- parmesan cheese
- sour cream

Ingredients not included in kit:

- olive oil



Ingredient Tips & Facts

Tortellini, also known as *cappelletti*, are ring-shaped pasta typically stuffed with a mix of meat or cheese. Tortellini is similar to ravioli and have a few differences. Raviolis are usually made in squares (sometimes round) whereas tortellinis are folded over in the shape of little turnovers, then stretched around so the ends overlap and stick together. Tortellinis have a hole in their structure while Raviolis don't.

Gratin originated in the French cuisine and is a widespread culinary technique meaning a dish with a light browned crust of breadcrumbs or melted cheese.

Nutrition Facts

Serves 2	Per serving
Calories	560
Fat	18g
Saturated Fat	9g
Trans Fat	0g
Cholesterol	120mg
Sodium	1040mg
Carbohydrate	75g
Fiber	5g
Sugars	7g
Protein	23g

Daily values: 45% vitamin A, 35% vitamin C, 40% calcium, 15% iron.



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Salisbury Steak with Mashed Potatoes and Asparagus

Serves 2

HyVee

Ingredients Included:

- cremini mushrooms
- asparagus
- yellow onion
- Russet potato
- ground beef
- liquid egg
- dried thyme
- butter
- half & half
- cooking sherry

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Salisbury Steak is a dish made from a blend of ground beef and other ingredients, which is shaped to resemble a steak, and is usually served with gravy or brown sauce. Avoid overworking the mixture; mix until ingredients are just combined to keep steaks light and tender.

Asparagus is a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral. The most common type of asparagus is green, but you might see two others in supermarkets and restaurants: white, which is more delicate and difficult to harvest, and purple, which is smaller and fruitier in flavor. No matter the type you choose, asparagus is a tasty, versatile vegetable.

Nutrition Facts

Serves 2	Per serving
Calories	670
Fat	31g
Saturated Fat	14g
Trans Fat	0g
Cholesterol	165mg
Sodium	1000mg
Carbohydrate	38g
Fiber	7g
Sugars	15g
Protein	55g

Daily values: 35% vitamin A, 40% vitamin C, 15% calcium, 50% iron.



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Sesame Beef Stir Fry with Basmati Rice

Hy-Vee

Serves 2

Ingredients Included:

- sugar snap peas
- red bell pepper
- garlic cloves
- scallions
- ginger
- sirloin strip steak
- basmati rice
- coconut aminos
- hoisin sauce
- sesame seeds

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Basmati Rice: Originating in India, is available in white or brown versions and has its own unique smell. When cooked, the rice is lighter and more fluffier than standard white rice, and does not stick together.

Ginger: Dried ground ginger can be substituted with fresh with the proper conversion; to substitute fresh for ground use 1 tablespoon fresh grated ginger to replace 1/8 teaspoon dried, ground ginger. To prep fresh ginger, trim away the peel. Mince with a sharp knife or use a fine grater. Fresh ginger can enhance many foods. It is widely used in African, Chinese and Indian cuisines.

Searing: A dry heat cooking technique in which the surface of a meat is cooked at a high temperature. The purpose is not to cook the food fully through, but

Nutrition Facts

Serves 2	Per serving
Calories	555
Fat	16g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	0mg
Sodium	276mg
Carbohydrate	53g
Fiber	5g
Sugars	10g
Protein	45g

Daily values: 73% vitamin A, 251% vitamin C, 6% calcium, 15% iron.



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Sesame Chicken Linguine Bowl

HyVee

Serves 2

Ingredients Included:

- broccoli
- red bell pepper
- green onions
- shiitake mushrooms
- chicken breasts
- whole wheat linguine noodles
- teriyaki glaze
- Sriracha
- sesame oil
- sesame seeds

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Shiitake Mushrooms: When buying fresh shiitake mushrooms, choose mushrooms with firm, spongy caps and small stems. Before using fresh shiitakes, tear off the fibrous stems, and clean the mushrooms carefully with a damp cloth or paper towel. The mushrooms can also be rinsed briefly, but do not allow them to soak as they will swell with water. Cooking brings out the distinct flavor of shiitakes. Sauté or fry them in oil for 5 to 7 minutes; or cook them with a small amount of liquid in a tightly covered pan for 15 minutes. Once cooked, add them to a pasta recipe, rice dish, soup, sauce, or stir-fry.

Nutrition Facts

Serves 2	Per serving
Calories	690
Fat	12g
Saturated Fat	2.5g
Trans Fat	0g
Cholesterol	105mg
Sodium	1230mg
Carbohydrate	83g
Fiber	16g
Sugars	23g
Protein	52g

Daily values: 15% vitamin A, 70% vitamin C, 8% calcium, 15% iron.



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Shrimp & Cod Pasta Bowl

Serves 2

HyVee

Ingredients Included:

- white onion
- red bell pepper
- mushrooms
- Italian parsley
- couscous (pasta)
- cod
- red pepper flakes
- shrimp

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Couscous (*pronounced koos koss*), although it looks like a grain, is actually a pasta, and although a pasta, actually cooks like a grain! Therefore, make sure to use the proper water-to-couscous ratio (1 cup water to 2/3 cup couscous) and cook by steaming, never boiling. Most of the couscous sold in stores is now pre-cooked, and really only needs 5 minutes to cook after the water starts to boil. To avoid undercooking, keep the lid on the pot to capture optimal steam. Once fully cooked, for a light and fluffy finish, “fluff” the couscous gently with a fork and scrape the edges of the pot.

Nutrition Facts

Serves 2	Per serving
Calories	610
Fat	17g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	220mg
Sodium	530mg
Carbohydrate	59g
Fiber	7g
Sugars	8g
Protein	53g

Daily values: 50% vitamin A, 140% vitamin C, 8% calcium, 10% iron.



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Shrimp with Penne and Garlic Butter Bread Crumbs

Serves 2

HyVee

Ingredients Included:

- parsley
- garlic cloves
- grape tomatoes
- small zucchini
- whole wheat penne
- butter
- Panko bread crumbs
- red pepper flakes
- evaporated milk
- shrimp



Ingredient Tips & Facts

Panko breadcrumbs are a type of flaky breadcrumb commonly used in Asian cuisine. Panko is made using white bread without any crust. The bread is processed into large flakes, rather than crumbs, and then dried. On its own it has little to no flavor. It can be used as a crunchy topping to add texture to baked casseroles.

Searing is a technique used in grilling, baking, braising, roasting, and sautéing in which the surface of a food is cooked at high temperature until a caramelized crust forms. The browning creates desirable flavors and appearance.

Nutrition Facts

Serves 2	Per serving
Calories	620
Fat	28g
Saturated Fat	13g
Trans Fat	0g
Cholesterol	275mg
Sodium	800mg
Carbohydrate	57g
Fiber	7g
Sugars	14g
Protein	39g

Daily values: 50% vitamin A, 60% vitamin C, 40% calcium, 15% iron.



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Sicilian Chicken with Mozzarella-Crusted Tomatoes & Green Beans

Serves 2

Hy-Vee

Ingredients Included:

- Roma tomatoes
- green beans
- parsley
- garlic
- butter
- mozzarella
- Italian seasoning
- chicken breasts
- balsamic glaze

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Fresh mozzarella is soft, has a moist texture and is full of milky flavor. Similar to other fresh cheeses, mozzarella is high in water content and therefore low in fat. It has a slightly acidic or lactic taste. Compared to mass-processed mozzarellas, the freshly made variant is creamier and much softer.

Roma tomatoes are a plum tomato popularly used both for canning and producing tomato paste because of their slender and firm nature. They are egg or pear-shaped and red when fully ripe and have fewer seeds than most tomatoes.

Nutrition Facts

Serves 2	Per serving
Calories	540
Fat	32g
Saturated Fat	15g
Trans Fat	0g
Cholesterol	170mg
Sodium	440mg
Carbohydrate	17g
Fiber	4g
Sugars	8g
Protein	49g

Daily values: 60% vitamin A, 70% vitamin C, 50% calcium, 15% iron.



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Spicy Caramel Apple Pork Chops with Butternut Squash

Serves 2

HyVee

Ingredients Included:

- Granny Smith apples
- thyme
- boneless pork chops
- butternut squash
- ground cinnamon
- brown sugar
- pecan pieces
- crushed red pepper flakes

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Squash is an excellent source of magnesium, potassium, vitamins A and C, and a good source of calcium. Most varieties of winter squash are already flavorful and sweet, so all it takes is just a little bit of olive oil, salt and pepper to taste delicious. Sweet and savory spice blends can also add flavor.

Thyme is a basic herb of French cuisine and widely used in cooking to add flavor to vegetables, meat, poultry and fish dishes, soups, stews and cream sauces. It dries better than most herbs and retains much of its flavor. Because thyme can easily overpower other, more delicate flavors, it should be used with a light hand. It is a great choice for slowly cooked dishes, where it is less likely to dominate other seasonings.

Nutrition Facts

Serves 2	Per serving
Calories	640
Fat	26g
Saturated Fat	4.5g
Trans Fat	0g
Cholesterol	120mg
Sodium	120mg
Carbohydrate	57g
Fiber	13g
Sugars	30g
Protein	49g

Daily values: 510% vitamin A, 70% vitamin C, 15% calcium, 20% iron.



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Steak Fajita Roll-Ups with Cilantro-Lime Rice

HyVee

Serves 2

Ingredients included:

- bell peppers
- onion
- lime
- cilantro
- brown rice
- fajita seasoning
- sirloin strip steak

Ingredients not included in kit:

- olive oil
- salt and pepper
- water

Special kitchen equipment used:

- meat mallet or tenderizer



Ingredient Tips & Facts

Tip: If you do have a meat mallet or tenderizer, use a rolling pin, empty wine bottle, a large Pyrex or other shatter-proof measuring cup with a handle, or a cast-iron skillet or other heavy saucepan to pound the meat. Wrap the meat in plastic wrap, wax paper, or a zip-top bag (do not seal) and place on a cutting board before you start pounding.

Sautéing is a method of cooking that uses a small amount of oil or fat in a shallow pan over relatively high heat. Ingredients are usually cut into pieces or thinly sliced to facilitate fast cooking. The food is browned while preserving its texture, moisture and flavor.

Nutrition Facts

Serves 2	Per serving
Calories	620
Fat	28g
Saturated Fat	9g
Trans Fat	0g
Cholesterol	130mg
Sodium	390mg
Carbohydrate	50g
Fiber	5g
Sugars	6g
Protein	40g

Daily values: 45% vitamin A, 220% vitamin C, 6% calcium, 20% iron.



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Steak Fajita Roll-Ups with Watermelon

HyVee

Serves 2

Ingredients included:

- bell peppers
- onion
- lime
- cilantro
- fajita seasoning
- sirloin strip steak
- watermelon

Ingredients not included in kit:

- olive oil

Special kitchen equipment used:

- meat mallet or tenderizer



Ingredient Tips & Facts

Tip: If you do have a meat mallet or tenderizer, use a rolling pin, empty wine bottle, a large Pyrex or other shatter-proof measuring cup with a handle, or a cast-iron skillet or other heavy saucepan to pound the meat. Wrap the meat in plastic wrap, wax paper, or a zip-top bag (do not seal) and place on a cutting board before you start pounding.

Sautéing is a method of cooking that uses a small amount of oil or fat in a shallow pan over relatively high heat. Ingredients are usually cut into pieces or thinly sliced to facilitate fast cooking. The food is browned while preserving its texture, moisture and flavor.

Nutrition Facts

Serves 2	Per serving
Calories	490
Fat	27g
Saturated Fat	9g
Trans Fat	0g
Cholesterol	130mg
Sodium	380mg
Carbohydrate	26g
Fiber	3g
Sugars	14g
Protein	37g

Daily values: 60% vitamin A, 240% vitamin C, 6% calcium, 15% iron.



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Steak with Blue Cheese Risotto and Broccoli

HyVee

Serves 2

Ingredients Included:

- shallot
- broccoli
- butter
- fresh sage
- Arborio rice
- vegetable stock
- blue cheese
- Parmigiano-Reggiano
- sirloin steak
- flour

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Blue Cheese is known for its signature blue molding, but this category has plenty of variety when it comes to texture and flavor. Blues can be creamy, crumbly or fudgy; mild, piquant or meaty. If you want a milder, sweeter blue, look for cheeses with fewer pockets of blue mold and those with softer, creamier textures. Trust us: There's a blue for you! Talk to our cheese specialist in the Charcuterie, Paul.

Arborio rice, originally from Italy, where the term "riso" means rice, is known for making the best risotto. The distinguishing factor that makes Arborio rice the most suitable for risotto is its high content of soluble starch that gets released during cooking ensuing the desired creaminess in this dish.

Nutrition Facts

Serves 2	Per serving
Calories	870
Fat	43g
Saturated Fat	20g
Trans Fat	0g
Cholesterol	110mg
Sodium	1080mg
Carbohydrate	73g
Fiber	8g
Sugars	3g
Protein	49g

Daily values: 100% vitamin A, 220% vitamin C, 35% calcium, 25% iron.



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Sweet-and-Sour Pork

Serves 2

HyVee

Ingredients Included:

- red bell pepper
- yellow bell pepper
- garlic cloves
- scallions
- pork chops
- corn starch
- vegetable stock
- bulgur wheat
- white wine vinegar
- coconut aminos
- sugar

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Bulgur, a whole grain with a nut-like flavor, is a staple in Mediterranean and Middle Eastern cuisine that has recently gained popularity in other regions due to its versatility and ease of cooking. Bulgur is often mistaken for cracked wheat, and although it has been pre-cracked, the difference between the two is that bulgur is partially pre-cooked. You can use it as cereal or the same way you would brown rice for a side dish. There are several spellings of bulgur, which can be confusing: bulgar, bulghur, burghul, just to name a few! But no matter how you spell it, it is still easy and delicious with the pork and peppers in this recipe. Since it is pre-cooked it doesn't require lengthy cooking simply bring the correct amount of water to a boil and add bulgur!

Nutrition Facts

Serves 2	Per serving
Calories	468
Fat	16g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	61mg
Sodium	456mg
Carbohydrate	46g
Fiber	11g
Sugars	14g
Protein	32g

Daily values: 53% vitamin A, 415% vitamin C, 2% calcium, 20% iron.



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Sirloin Steak with Mozzarella & Tomato Orzo Salad

HyVee

Serves 2

Ingredients included:

- grape tomatoes
- parsley
- garlic
- orzo
- sirloin strip steak
- fresh mozzarella pearls
- balsamic vinegar

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Orzo, also called riso or risoni, is a rice-shaped pasta that is most familiar in Italian and Greek cuisines. In Italian, orzo actually means barley. Orzo can be a substitute for rice or other grains in a number of recipes. Due to its small size, be sure not to overcook it as it will turn “mushy.”

Mozzarella, originally made in Italy near Naples from the milk of water buffalo, and called mozzarella di bufala, is now most often made from cows’ milk, and is referred to as fior di latte. What distinguishes a superior fresh mozzarella from the rest of the pack? Taste above all. The cheese should taste fresh and reminiscent of milk.

Nutrition Facts

Serves 2	Per serving
Calories	880
Fat	32g
Saturated Fat	12g
Trans Fat	0g
Cholesterol	165mg
Sodium	250mg
Carbohydrate	75g
Fiber	5g
Sugars	6g
Protein	61g

Daily values: 25% vitamin A, 25% vitamin C, 35% calcium, 70% iron.



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Saffron Shrimp and Gnocchi

Serves 2

HyVee

Ingredients Included:

- garlic cloves
- shallot
- grape tomatoes
- basil
- tomato paste
- butter
- shrimp
- saffron powder
- gnocchi
- Parmigiano-Reggiano

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Saffron is hand-picked and dried from yellow stigmas of a small purple crocus. It is the world's most expensive spice by weight, and takes 225,000 stigmas to make 1 pound of saffron. Because of its expense, intense flavor, and strong dyeing properties, very little saffron is required for culinary purposes. The key is to distribute it evenly throughout the dish being prepared.

Gnocchi is the Italian name for small dumpling. It originated in the Middle East and was imported into Italy where it became a staple dish. Gnocchi is made with a mix of potato, flour and eggs. When "saucing" gnocchi, if the sauce is too dense or the gnocchi seem too dry, use some of the gnocchi cooking water to thin the sauce and moisten the gnocchi.

Nutrition Facts

Serves 2	Per serving
Calories	610
Fat	21g
Saturated Fat	10g
Trans Fat	0g
Cholesterol	360mg
Sodium	1320mg
Carbohydrate	57g
Fiber	6g
Sugars	9g
Protein	49g

Daily values: 25% vitamin A, 20% vitamin C, 20% calcium, 10% iron.



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Creamy Shrimp Fettuccine

Serves 2

HyVee

Ingredients Included:

- garlic cloves
- scallions
- serrano pepper
- grape tomatoes
- lemon
- shrimp
- fettuccine noodles
- butter
- sour cream

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Serrano Peppers, though not as hot as the infamous habañeros, serrano peppers deliver plenty of heat. Serrano chiles range in heat between 5,000 and 20,000 Scoville heat units. How high a chile pepper scores on the heat scale is determined by high-performance liquid chromatography measurement of how many parts per million of capsaicin it contains. (Capsaicin is the compound that gives chile peppers their fiery bite.) This figure is then converted into the historic Scoville heat units that signify how much dilution is necessary to drown out the chile's heat. The heat level of a chile is given as a range because it varies with how and where the pepper was cultivated.

Nutrition Facts

Serves 2	Per serving
Calories	670
Fat	21g
Saturated Fat	9g
Trans Fat	0g
Cholesterol	285mg
Sodium	310mg
Carbohydrate	73g
Fiber	5g
Sugars	8g
Protein	48g

Daily values: 30% vitamin A, 35% vitamin C, 15% calcium, 35% iron.



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Orange Chicken with Cauliflower Rice

HyVee

Ingredients Included:

- green onions
- ginger
- orange
- chicken breast
- cornstarch
- flour
- cauliflower rice
- reduced sodium soy sauce
- sugar
- coriander
- sesame seeds
- red chili pepper flakes

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Cauliflower rice is a great option to use as a substitute for "rice" in meals. It has the same texture as white rice, but is only a fraction of the carbohydrates and calories. This is a great option for people watching their carbohydrate intake and makes it easier to enjoy meals like Orange Chicken without worrying about breaking the bank on carbs. In fact, one cup of cauliflower rice is only 25 calories and 5 grams of carbohydrates, versus white rice with 205 calories and 40 grams of carbohydrates for one cup. Rice is nutrient dense and is great with meals, but cauliflower rice offers a leaner option for people hoping to get more vegetables and fiber, with fewer carbohydrates in their meals.

Nutrition Facts

Serves 2	Per serving
Calories	372
Fat	18g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	66mg
Sodium	670mg
Carbohydrate	22g
Fiber	6g
Sugars	7g
Protein	31g

Daily values: 12% vitamin A, 102% vitamin C, 8% calcium, 12% iron.



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Marinated Steak with Zucchini Risotto

Serves 2

HyVee

Ingredients Included:

- coconut aminos
- lemon juice
- Sriracha sauce
- choice reserve beef
- shallot
- dill
- zucchini
- grape tomatoes
- garlic
- Italian cheese
- Greek yogurt
- parsley

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Greek yogurt is a great substitution for sour cream in this recipe because it is high in protein, low in fat, and it provides the same texture in recipes. Greek yogurt can be used in dips, used as a topping, or it makes healthy substitutions for mayo in chicken salad, or replacing oil in brownies. Try the new "Chobani Savor" for an easy yogurt condiment, or simply scoop a spoonful from a yogurt container.

Tip: After shredding the zucchini, pat it dry with a paper towel to extract the excess moisture. This will help make a creamier risotto when you cook it in the pan.

Nutrition Facts

Serves 2	Per serving
Calories	540
Fat	35g
Saturated Fat	11g
Trans Fat	0g
Cholesterol	95mg
Sodium	540mg
Carbohydrate	29g
Fiber	3g
Sugars	11g
Protein	36g



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Family Sized Meal Kits

4 servings/kit



Lowcountry Shrimp Boil

Serves 4



Ingredients included:

- red potatoes
- parsley
- lemon
- garlic
- corn
- Andouille sausage
- butter
- seasoning
- shrimp

Ingredients not included in kit:

- salt and pepper
- cooking spray or oil



Ingredient Tips & Facts

This recipe is a variation of a **Lowcountry Boil**, a traditional summertime meal from South Carolina and Georgia. Traditionally the ingredients are boiled outdoors in a large pot and served dumped over newspapers on a picnic table and eaten with your hands. Other variations include crawfish and crab.

Parboiling is a partial boiling of food. It is usually a first step in cooking. When parboiling, food items are added to boiling water until they start to soften and removed before completely cooked. The food is then finished by cooking in another way: braised, baked or grilled. The word parboil is a blending of two words: partial and boil.

Nutrition Facts

Serves 4	Per serving
Calories	440
Fat	26g
Saturated Fat	12g
Trans Fat	0g
Cholesterol	130mg
Sodium	810mg
Carbohydrate	34g
Fiber	3g
Sugars	5g
Protein	18g

Daily values: 20% vitamin A, 35% vitamin C, 4% calcium, 10% iron



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Swedish Meatballs with Egg Noodles and Roasted Brussels Sprouts

Serves 4



Ingredients included:

- white onion
- fresh parsley
- Brussels sprouts
- egg noodles
- garlic powder
- panko bread crumbs
- milk
- ground beef
- liquid egg
- plain Greek yogurt
- cream of mushroom soup
- cardamom
- parmesan cheese

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

Cardamom: Known as the “queen of spices,” cardamom is a native spice from India and one of the most expensive spices in the world. It is made from the seeds of many plants and provides a strong, aromatic flavor. It can be used in a variety of recipes. Cardamom can serve as a substitute for nutmeg, to put a twist on some of your favorite meals.

Brussels sprouts were first cultivated in Europe from the town of Brussels, from which their name originates. They look like mini cabbages and have high levels of vitamins C and K, folate and fiber. Roasting the Brussels sprouts versus boiling them in water allows the vegetable to retain more of these key vitamins.

Nutrition Facts

Serves 4	Per serving
Calories	780
Fat	26g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	190mg
Sodium	550g
Carbohydrate	84g
Fiber	9g
Sugars	10g
Protein	51g

Daily values: 25% vitamin A, 150% vitamin C, 30% calcium, 45% iron



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Maple Glazed Pork Chops with Sweet Potatoes & Green Beans

Serves 4



Ingredients included:

- sweet potato
- green beans
- garlic
- pork chops
- butter
- ground cinnamon
- maple syrup
- balsamic vinegar
- pecan pieces



Ingredient Tips & Facts

Maple syrup is made from the boiled sap of sugar maple trees, primarily in the Northeastern United States and Canada. The taste and color vary depending on the temperature at which the sap was boiled, and how long the sap was cooked. USDA Grade A maple syrup is the most popular grade for everyday use as a topping on pancakes, desserts and other foods. It is usually made throughout most of the short syrup production season. Grade B syrup is generally made toward the end of the season, as the weather warms toward spring and the trees end their winter dormancy. USDA Grade B syrup is much darker and has a stronger flavor, which makes it more suitable for flavoring and cooking purposes. It is thought that this late-season syrup contains more minerals. Grade C syrup is no longer an official USDA syrup grade.

Sweet potatoes can be substituted for regular potatoes in many delicious side dishes, such as potato salad and French fried, roasted, boiled, mashed and baked potatoes. They are an excellent source of vitamins C and A.

Nutrition Facts

Serves 4	Per serving
Calories	460
Fat	23g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	90mg
Sodium	480mg
Carbohydrate	34g
Fiber	6g
Sugars	16g
Protein	33g

Daily values: 360% vitamin A, 45% vitamin C, 10% calcium, 15% iron



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Sweet-and-Sour Pork

Serves 4



Ingredients Included:

- red bell pepper
- yellow bell pepper
- garlic cloves
- scallions
- pork chops
- corn starch
- vegetable stock
- bulgur wheat
- white wine vinegar
- soy sauce
- sugar

Ingredients not included in kit:

- salt and pepper



Ingredient Tips & Facts

Bulgur, a whole grain with a nut-like flavor, is a staple in Mediterranean and Middle Eastern cuisine that has recently gained popularity in other regions due to its versatility and ease of cooking. Bulgur is often mistaken for cracked wheat, and although it has been pre-cracked, the difference between the two is that bulgur is partially pre-cooked. You can use it as cereal or the same way you would brown rice for a side dish. There are several spellings of bulgur, which can be confusing: bulgar, bulghur, burghul, just to name a few! But no matter how you spell it, it is still easy and delicious with the pork and peppers in this recipe. Since it is pre-cooked it doesn't require lengthy cooking simply bring the correct amount of water to a boil and add bulgur!

Nutrition Facts

Serves 4	Per serving
Calories	370
Fat	10g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	50mg
Sodium	670mg
Carbohydrate	47g
Fiber	6g
Sugars	12g
Protein	24g

Daily values: 20% vitamin A, 160% vitamin C, 4% calcium, 10% iron



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Acapulco Steak Tacos with Cilantro-Lime Rice

Serves 4



Ingredients included:

- white rice
- cilantro
- lime
- shallot
- Roma tomatoes
- jalapeno pepper
- sirloin steak
- avocado
- flour tortillas
- grated Cotija cheese

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

Pico de gallo, a fresh tomato salsa, is a staple condiment in Mexican cuisine. Literally meaning “rooster’s beak”, people used to eat it by pinching their thumb and forefinger.

Cotija cheese is a Hispanic-style cheese named after the town of Cotija in the Mexican state of Michoacán. When it’s made, it is white, fresh and salty thus bearing resemblance to feta cheese. However, with aging it becomes hard and crumbly like Parmigiano-Reggiano. Its similarity with Parmesan has earned it the nickname "Parmesan of Mexico".

Avocados offer nearly 20 vitamins and minerals in every serving. They are high in calories and fat, but it's monounsaturated fat, which helps lower cholesterol.

Nutrition Facts

Serves 4	Per serving
Calories	670
Fat	30g
Saturated Fat	10g
Trans Fat	0g
Cholesterol	90mg
Sodium	720g
Carbohydrate	65g
Fiber	7g
Sugars	3g
Protein	36g

Daily values: 15% vitamin A, 30% vitamin C, 15% calcium, 25% iron



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Caprese Chicken with Parmesan Baked Zucchini

Serves 4



Ingredients Included:

- tomatoes
- garlic cloves
- zucchini
- fresh mozzarella
- basil leaves
- Parmigiano-Reggiano cheese
- Italian seasoning
- chicken breast
- balsamic vinegar

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Basil is a native of India, and it comes in more than 50 varieties. It pairs well with tomato, fresh mozzarella cheese and balsamic vinegar in salads, pasta dishes, on flat breads and pizzas or on baguette bread as a bruschetta.

Mozzarella, originally made in Italy near Naples from the milk of water buffalo, and called mozzarella di bufala, is now most often made from cows' milk, and is referred to as fior di latte. What distinguishes a superior fresh mozzarella from the rest of the pack? Taste above all. The cheese should taste fresh and reminiscent of milk.

Nutrition Facts

Serves 4	Per serving
Calories	510
Fat	30g
Saturated Fat	12g
Trans Fat	0g
Cholesterol	155mg
Sodium	320mg
Carbohydrate	8g
Fiber	2g
Sugars	5g
Protein	49g

Daily values: 25% vitamin A, 60% vitamin C, 45% calcium, 8% iron.



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Chicken Fajitas with Salsa Rice



Ingredients Included:

- red pepper
- yellow pepper
- green pepper
- yellow onion
- garlic
- white rice
- salsa
- chicken breast
- seasoning mix
- tortillas

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

The name **fajitas** refers to little strips of meat cut from the beef skirt, the most common cut used to make fajitas. In restaurants, the meat (popular meats include chicken, pork, shrimp, lamb, salmon) is cooked with onions and bell peppers.

Limes are a citrus fruit used most often in Mexican, Vietnamese and Thai cuisine. They are grown year-round in tropical climates and are typically smaller and less sour than lemons.

Cilantro is the leaves and stems of the coriander plant. Also known as Chinese parsley, cilantro is a member of the carrot family and is the most widely used, aromatic, leafy herb in the world. It is a good source of vitamins A and K, fiber and manganese. Cilantro is the Spanish word for coriander.

Nutrition Facts

Serves 4	Per serving
Calories	660
Fat	16g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	105mg
Sodium	1090mg
Carbohydrate	82g
Fiber	5g
Sugars	6g
Protein	42g

Daily values: 25% vitamin A, 200% vitamin C, 10% calcium, 25% iron



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Chicken Fettuccini Alfredo with Roasted Broccoli

Serves 4



Ingredients included:

- fettuccini pasta
- garlic
- parsley
- broccoli
- chicken breasts
- Parmigiano-reggiano cheese
- heavy whipping cream

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

Alfredo, a cream sauce made from parmesan and cream, is of Italian descent. Its creator is Alfredo di Lello, and he claimed the trophy dish of Fettuccine Alfredo.

Parmigiano-Reggiano: Parmesan is the English and American translation of the Italian word Parmigiano-Reggiano. In the United States, the word "Parmesan" is not regulated and typically is only aged a minimum of 10 months, whereas Parmigiano-Reggiano is aged for a minimum of at least 2 years. Within Italy, cheeses like Parmigiano-Reggiano are called Grana, which means "granular" and refers to a texture well-suited for grating.

Tip: If an oven-safe stovetop pan is not available, transfer prepared chicken breasts onto a baking pan lined with aluminum foil.

Nutrition Facts

Serves 4	Per serving
Calories	760
Fat	45g
Saturated Fat	23g
Trans Fat	1g
Cholesterol	170mg
Sodium	600mg
Carbohydrate	56g
Fiber	6g
Sugars	7g
Protein	39g

Daily values: 45% vitamin A, 230% vitamin C, 20% calcium, 25% iron



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Chicken Gyros with Tzatziki Sauce

Serves 4



Ingredients included:

- red bell pepper
- red onion
- mini cucumber
- garlic clove
- lemon
- fresh dill
- plain nonfat Greek yogurt
- boneless, skinless chicken breasts
- Italian seasoning
- pita bread



Ingredient Tips & Facts

A **Gyro** (pronounced “yee-ro”) is a traditional Greek sandwich typically made with beef or lamb, vegetables, a yogurt-based tzatziki sauce, and served in some type of pita or wrap.

Tzatziki sauce (pronounced “zaa-zee-kee”) is a sauce of Greek origin, made from yogurt, garlic and cucumbers.

Using fresh herbs like **Dill** is a great way to maximize flavor in dishes like these without adding sodium, sugar or extra calories. When using fresh dill, discard the thicker parts of the stems, breaking or snipping off the thinner stems with leaves attached. For best results with herbs, add at the end of cooking, when a heat source has been removed.

Nutrition Facts

Serves 4	Per serving
Calories	390
Fat	11g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	105mg
Sodium	200mg
Carbohydrate	25g
Fiber	3g
Sugars	8g
Protein	42g

Daily values: 40% vitamin A, 140% vitamin C, 15% calcium, 10% iron



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Chicken Parmesan

Serves 4



Ingredients included:

- grape tomatoes
- broccoli
- garlic
- Panko bread crumbs
- Parmesan cheese
- chicken
- crushed tomatoes
- seasoning mix
- rigatoni
- fresh mozzarella



Ingredient Tips & Facts

Fresh mozzarella is soft, has a moist texture and is full of milky flavor. Similar to other fresh cheeses, mozzarella is high in water content and therefore low in fat. It has a slightly acidic or lactic taste. Compared to mass-processed mozzarellas, the freshly made variant is creamier and much softer.

Panko bread crumbs: Panko is a type of bread crumb that comes from Japanese cuisine, and is used as a light breading. Panko bread crumbs are different than “regular” bread crumbs because they are always made from a special kind of white bread (as opposed to whole wheat) and without crusts, making them lighter and flakier. As a result, they absorb less oil and grease, making the end result not quite as heavy as a regular breading.

Nutrition Facts

Serves 4	Per serving
Calories	710
Fat	15g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	135mg
Sodium	740mg
Carbohydrate	94g
Fiber	10g
Sugars	17g
Protein	59g

Daily values: 35% vitamin A, 45% vitamin C, 45% calcium, 40% iron



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Chicken Piccata with Angel Hair & Lemon Caper Sauce

Serves 4



Ingredients Included:

- lemon
- parsley
- grape tomatoes
- shallot
- chicken breasts
- white whole wheat flour
- angel hair whole wheat pasta
- chicken bouillon
- evaporated milk
- capers

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Piccata is an Italian name, meaning “larded.” Therefore, whether the meat cutlet comes from veal or chicken, it is fried brown in olive oil or butter. Today, there are many variations of piccata, but the classic Italian sauce typically consists of lemon, broth/wine, butter, salt and pepper. Sometimes other ingredients are added to the lemon sauce like capers, parsley and garlic.

Capers are unripened flower buds that are dried in the sun and then pickled. This curing process brings out their lemony flavor which is similar to green olives.

Nutrition Facts

Serves 4	Per serving
Calories	600
Fat	14g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	105mg
Sodium	470mg
Carbohydrate	69g
Fiber	8g
Sugars	14g
Protein	49g

Daily values: 20% vitamin A, 30% vitamin C, 30% calcium, 20% iron



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Easy Peasy Cheesy Pasta

Serves 4



Ingredients included:

- garlic cloves
- parsley
- pine nuts
- penne pasta
- pancetta
- peas
- sour cream
- grated Parmigiano-Reggiano
- vegetable bouillon

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Pancetta is an Italian bacon and very similar to American bacon in the fact that they are made from the same cut—pork belly. And although both are cured in salt and spices, unlike American bacon, pancetta is not smoked. When recipes call for bacon in a dish, they're usually looking for a smoky, rich taste. Pancetta, on the other hand, has a quieter, but deeper pure pork flavor than bacon.

Parmigiano-Reggiano: Parmesan is the English and American translation of the Italian word Parmigiano-Reggiano. In the United States, the word “Parmesan” is not regulated and typically is only aged a minimum of 10 months, whereas Parmigiano-Reggiano is aged for a minimum of at least 2 years. Within Italy, cheeses like Parmigiano-Reggiano are called Grana, which means “granular” and refers to a texture well-suited for grating.

Nutrition Facts

Serves 4	Per serving
Calories	600
Fat	24g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	50mg
Sodium	710mg
Carbohydrate	60g
Fiber	13g
Sugars	6g
Protein	30g

Daily values: 10% vitamin A, 8% vitamin C, 15% calcium, 20% iron



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Enchilada Stuffed Peppers

Serves 4



Ingredients Included:

- red bell pepper
- yellow bell pepper
- green bell pepper
- green onions
- jalapeno pepper
- cilantro
- quinoa
- ground turkey
- corn
- enchilada seasoning
- enchilada sauce
- shredded cheddar-jack cheese

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Quinoa, pronounced KEEN-wah, is a grain-like crop originating from South America. It is high in protein, has essential vitamins and minerals such as calcium, phosphorus and iron, and 8 essential amino acids required for good health and repair of muscle. When preparing, use two parts liquid (water, broth) to one part quinoa. Quinoa has a distinctive, nutty taste and cooks up like rice. The outer hull of a quinoa seed is very bitter, so if it is not properly prepared, quinoa can have a bitter flavor. Fortunately, this is easily avoidable by purchasing pre-soaked quinoa or by soaking the quinoa yourself for several hours before using it in a recipe.

Nutrition Facts

Serves 4	Per serving
Calories	430
Fat	20g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	105mg
Sodium	870mg
Carbohydrate	32g
Fiber	5g
Sugars	11g
Protein	33g

Daily values: 50% vitamin A, 250% vitamin C, 20% calcium, 20% iron



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Fish Tacos with Lime Cabbage Slaw

Serves 4



Ingredients Included:

- cilantro
- garlic clove
- lime
- spice mix
- tilapia fillets
- plain nonfat Greek yogurt
- honey
- shredded red cabbage
- corn tortillas

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Greek Yogurt can be used in place of many ingredients such as mayo, sour cream or butter to lower fat content in recipes. Make sure to use a conversion chart or use a recipe that has already been tested like this Fish Taco recipe.

Cilantro has bold hints of fresh, citrus flavor and can be used to maximize flavor in dishes like these without adding sodium or sugar. Unlike dried herbs, add fresh herbs toward the end in cooked dishes to preserve their flavor. Also, a general guideline when using fresh herbs in a recipe is to use three times as much as you would use of a dried herb.

Nutrition Facts

Serves 4	Per serving
Calories	530
Fat	12g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	115mg
Sodium	240mg
Carbohydrate	51g
Fiber	3g
Sugars	10g
Protein	56g

Daily values: 15% vitamin A, 80% vitamin C, 15% calcium, 20% iron



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Honey Sesame Chicken Stir Fry

Serves 4



Ingredients included:

- garlic
- ginger
- scallions
- broccoli
- white Jasmine rice
- chicken breast
- cornstarch
- soy sauce
- white wine vinegar
- honey
- sesame oil
- sesame seeds

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

Scallions, also known as green onions, have a milder taste than most onions. They are closely related to garlic, shallots, leeks, and chives. They lack a fully developed bulb and have hollow, tubular green leaves, growing directly from the bulb. These leaves are used as a vegetable; they are eaten either raw or cooked.

Jasmine rice is a long-grain aromatic rice. It is grown primarily in Thailand, Cambodia, Laos and southern Vietnam. It is moist and soft in texture when cooked and slightly sweet. It can be three times stickier than American long-grain rice. It is ideal for stir-fries and in soups.

Nutrition Facts

Serves 4	Per serving
Calories	630
Fat	17g
Saturated Fat	2.5g
Trans Fat	0g
Cholesterol	125mg
Sodium	510mg
Carbohydrate	71g
Fiber	4g
Sugars	10g
Protein	46g

Daily values: 15% vitamin A, 110% vitamin C, 8% calcium, 10% iron



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Honey-Garlic-Lemon Glazed Salmon with Roasted Potatoes and Asparagus

Serves 4



Ingredients Included:

- baby red potatoes
- lemon
- garlic cloves
- thyme
- fresh ginger
- asparagus
- honey
- salmon

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Baby red potatoes are immature potatoes and have a thin skin. Because of their small size, these potatoes are best cooked whole—boiled, steamed and even roasted—allowing the skins to add a colorful element to dishes.

Fresh, green **asparagus** is a well-loved vegetable, delectably crisp and sweet. Asparagus is amazingly versatile: it can be steamed, simmered, roasted, battered, grilled, sautéed or wok-fried. Thinly sliced, it's even wonderful raw in a salad.

Nutrition Facts

Serves 4	Per serving
Calories	680
Fat	23g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	80mg
Sodium	160mg
Carbohydrate	82g
Fiber	9g
Sugars	16g
Protein	39g

Daily values: 15% vitamin A, 90% vitamin C, 8% calcium, 30% iron



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Marinated Sirloin Steak with Sweet Potato Fries and Asparagus

Serves 4



Ingredients Included:

- sweet potato
- asparagus
- parsley
- garlic cloves
- sirloin steak
- rice vinegar
- Worcestershire sauce
- honey

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

There are two main types of **sweet potatoes**.

The one most commonly called a sweet potato has flesh that is relatively dry and fluffy, with a yellow color and starchy texture. Sweet potatoes that are moister, sweeter, more slender, and have skins that range from orange to purple are often mistakenly referred to as yams. In fact, they are another variety of sweet potato. True yams, which are grown in the tropics, are almost ivory in color, and are more starchy than sweet. Sweet potatoes can be substituted for regular potatoes in many delicious side dishes, such as potato salad and French fries, roasted, boiled, mashed, and baked potatoes.

Nutrition Facts

Serves 4	Per serving
Calories	360
Fat	18g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	85mg
Sodium	250mg
Carbohydrate	24g
Fiber	3g
Sugars	14g
Protein	27g

Daily values: 70% vitamin A, 25% vitamin C, 6% calcium, 20% iron



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Mesquite Chicken with Loaded Potatoes

Serves 4



Ingredients included:

- Russet potato
- grape tomatoes
- green onions
- garlic clove
- chicken breasts
- sliced cremini mushrooms
- cheddar-jack cheese
- sour cream
- mesquite barbecue sauce

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

Mesquite: Before it became synonymous with sweet, smoky flavor, mesquite trees were considered an invasive species by Texas cattle ranchers. Their deep root system drank up water from land already stricken by drought and mesquite bean pods were harmful to their cattle. Eventually they figured out the benefit of using the wood in barbecue, and now it fetches a premium price.

For an alternative preparation, brush barbecue sauce on chicken before roasting in oven. This will give it a caramelized, glazed texture.

Nutrition Facts

Serves 4	Per serving
Calories	540
Fat	19g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	130mg
Sodium	1190mg
Carbohydrate	52g
Fiber	6g
Sugars	16g
Protein	43g

Daily values: 25% vitamin A, 20% vitamin C, 20% calcium, 10% iron



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Parmesan Pork Chops with Baby Reds & Green Beans

Serves 4



Ingredients Included:

- baby red potatoes
- green beans
- parmesan cheese
- panko & garlic mixture
- pork chops

Ingredients not included in kit:

- pepper
- olive oil



Ingredient Tips & Facts

Roasting vegetables in the oven gives them a caramelized exterior and good flavor while keeping the inside moist and tender. Vegetables such as onions, potatoes, carrots, beets, winter squash, carrots and other hearty root vegetables work well. Tender vegetables, such as asparagus and mushrooms, also roast well. On the other hand, vegetables like green beans and broccoli do not tend to work as well. They tend to discolor and shrivel in size. In this recipe, the green beans are only in the oven for a short amount of time to help minimize discoloration and shape of the green beans.

Nutrition Facts

Serves 4	Per serving
Calories	420
Fat	16g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	75mg
Sodium	610mg
Carbohydrate	35g
Fiber	5g
Sugars	5g
Protein	34g

Daily values: 15% vitamin A, 35% vitamin C, 20% calcium, 15% iron



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Roasted Tomato & Mozzarella Tortellini Gratin

Serves 4



Ingredients included:

- mushrooms
- yellow onion
- thyme
- spinach
- beef bouillon
- roasted tomato & mozzarella tortellini
- Panko breadcrumbs
- parmesan cheese
- sour cream

Ingredients not included in kit:

- olive oil



Ingredient Tips & Facts

Tortellini, also known as *cappelletti*, are ring-shaped pasta typically stuffed with a mix of meat or cheese. Tortellini is similar to ravioli and have a few differences. Raviolis are usually made in squares (sometimes round) whereas tortellinis are folded over in the shape of little turnovers, then stretched around so the ends overlap and stick together. Tortellinis have a hole in their structure while Raviolis don't.

Gratin originated in the French cuisine and is a widespread culinary technique meaning a dish with a light browned crust of breadcrumbs or melted cheese.

Nutrition Facts

Serves 4	Per serving
Calories	540
Fat	18g
Saturated Fat	9g
Trans Fat	0g
Cholesterol	120mg
Sodium	1040mg
Carbohydrate	71g
Fiber	5g
Sugars	5g
Protein	22g

Daily values: 45% vitamin A, 30% vitamin C, 40% calcium, 10% iron



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Sirloin Steak with Mozzarella & Tomato Orzo Salad

Serves 4



Ingredients Included:

- grape tomatoes
- parsley
- garlic
- orzo
- sirloin strip steak
- fresh mozzarella pearls
- balsamic vinegar

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Orzo, also called riso or risoni, is a rice-shaped pasta that is most familiar in Italian and Greek cuisines. In Italian, orzo actually means barley. Orzo can be a substitute for rice or other grains in a number of recipes. Due to its small size, be sure not to overcook it as it will turn “mushy.”

Mozzarella, originally made in Italy near Naples from the milk of water buffalo, and called mozzarella di bufala, is now most often made from cows’ milk, and is referred to as fior di latte. What distinguishes a superior fresh mozzarella from the rest of the pack? Taste above all. The cheese should taste fresh and reminiscent of milk.

Nutrition Facts

Serves 4	Per serving
Calories	800
Fat	37g
Saturated Fat	13g
Trans Fat	0g
Cholesterol	125mg
Sodium	230mg
Carbohydrate	70g
Fiber	4g
Sugars	8g
Protein	48g

Daily values: 20% vitamin A, 20% vitamin C, 35% calcium, 25% iron



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Spinach Lasagna Roll Ups

Serves 4



Ingredients included:

- shallot
- garlic
- crushed tomatoes
- seasoning mix
- lasagna noodles
- spinach
- ricotta cheese
- shredded mozzarella cheese
- shredded parmesan cheese
- liquid egg

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Ricotta (literally meaning "recooked") **cheese** is traditionally produced from the leftover whey from making other cheeses like mozzarella. Ricotta cheese can be substituted for cottage cheese, cup for cup. It is lower in sodium and comparable in protein with comparing it to cottage cheese.

Shallots and onions are both members of the allium family. Shallots have a sweet and mild (although pronounced) flavor, with a hint of garlic, and lack the bite you get with yellow or white onions. Onions and shallots can be swapped for one another in a recipe (1 small onion = 3 small shallots). Shallots are like garlic in that they come in bulbs with multiple cloves.

Nutrition Facts

Serves 4	Per serving
Calories	820
Fat	26g
Saturated Fat	14g
Trans Fat	0g
Cholesterol	95mg
Sodium	1360mg
Carbohydrate	94g
Fiber	9g
Sugars	20g
Protein	49g



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Sheet Pan Shrimp Scampi

Serves 4



Ingredients Included:

- lemon
- garlic
- broccoli
- parsley
- grape tomatoes
- spaghetti pasta
- butter
- shrimp
- crushed red pepper flakes

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Hy-Vee Omega-3 Pasta brings delicious flavor and balanced nutrition to your family's table. This multigrain pasta is made with flaxseed to provide a good source of ALA Omega-3, which supports overall health. It's also an excellent source of fiber to help support a healthy digestive system and a good source of protein.

Garlic is an essential element in cuisines around the world, especially those of China, India, France, Greece, Italy and the Mediterranean area. It is used to flavor everything from vegetables to poultry, beef, lamb and seafood, as well as dressings, sauces, casseroles and soups. Experiment to see how much garlic suits your taste buds. However, in general, 1 pound (.45kg) of vegetables or beans will benefit from 2 to 4 cloves of fresh garlic.

Nutrition Facts

Serves 4	Per serving
Calories	700
Fat	30g
Saturated Fat	15g
Trans Fat	0g
Cholesterol	220mg
Sodium	220mg
Carbohydrate	73g
Fiber	17g
Sugars	6g
Protein	44g

Daily values: 50% vitamin A, 250% vitamin C, 15% calcium, 35% iron



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Shrimp Lo Mein

Serves 4



Ingredients included:

- green beans
- carrots
- green onions
- ginger
- garlic cloves
- soy sauce
- hoisin sauce
- sugar
- shrimp
- udon noodles
- siracha sauce

Ingredients not included in kit:

- olive oil
- salt and pepper



Ingredient Tips & Facts

Udon noodles are a thick wheat flour noodle found in Japanese cooking. They have a neutral flavor making them a good choice for strongly-flavored dishes.

Hoisin sauce, sometimes called Chinese barbecue sauce, is a fragrant sauce used in Asian stir fries and marinades. With a very strong salty and slightly sweet flavor, it is dark in color and thick in consistency. It is made by combining soy, garlic, vinegar, chili and sweetener. Because it can be overpowering, it's recommended to use only a bit at a time at first or dilute with a little water or water.

Nutrition Facts

Serves 4	Per serving
Calories	210
Fat	5g
Saturated Fat	1g
Trans Fat	g
Cholesterol	180mg
Sodium	1260mg
Carbohydrate	19g
Fiber	4g
Sugars	11g
Protein	23g

Daily values: 15% vitamin A, 110% vitamin C, 8% calcium, 10% iron



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Pork Egg Roll in a Bowl with crispy wontons & peanuts

Serves 4



Ingredients Included:

- green onions
- celery
- sweet & sour sauce
- Dijon mustard
- ground pork
- Ponzu sauce
- slaw mix
- wonton strips
- roasted peanuts

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Ponzu sauce is a classic Japanese condiment that is citrus based with a tart-tangy flavor that is similar to a vinaigrette. This is a very versatile sauce that can be used for dipping or as a marinade for grilled meats or veggies, it can even be used as a dressing on salads or cold noodles.

Ground pork may be made from the muscle meat and fat of any part of the animal. It is often labeled according to the percentage of fat it contains and is considered lean if it is less than 17% fat. Ground pork, like ground beef, is an easy-to-prepare, quick-cooking meat that can be used by itself or in an endless variety of casseroles, meat loaves, or other specialty dishes such as meatballs.

Nutrition Facts

Serves 4	Per serving
Calories	510
Fat	30g
Saturated Fat	12g
Trans Fat	0g
Cholesterol	155mg
Sodium	320mg
Carbohydrate	8g
Fiber	2g
Sugars	5g
Protein	49g

Daily values: 25% vitamin A, 60% vitamin C, 45% calcium, 8% iron.



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Whole 30 compliant Meal Kits

2 servings/kit



Raspberry Balsamic Glazed Salmon and Roasted Broccoli

Hy-Vee

Serves 2

Ingredients Included:

- garlic
- Medjool date
- broccoli
- ghee
- balsamic vinegar
- raspberries
- thyme
- salmon

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Salmon is rich in omega-3 fatty acids EPA and DHA. Unlike most other fats, omega-3 fats are considered “essential,” meaning you must get them from your diet since your body can’t create them. Omega-3s are shown to have many health benefits including lowering blood pressure and risk for heart disease, reducing the risk for cancer and reducing inflammation, which is believed to be the root cause of most chronic diseases. Consuming two servings of fatty fish per week can help meet your omega-3 fatty acid needs.

In addition, salmon is also a great source of selenium. Selenium is a trace mineral found in the soil and certain foods. Selenium helps protect bone health, helps regulate thyroid hormone production, may reduce the risk of cancer and prevents against cognitive decline and dementia.

Nutrition Facts

Serves 2	Per serving
Calories	380
Fat	19g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	105mg
Sodium	380mg
Carbohydrate	18g
Fiber	5g
Sugars	12g
Protein	35g

Daily values: 10% vitamin A, 100% vitamin C, 6% calcium, 15% iron.



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Jalapeño Turkey Burgers with Rosemary Sweet Potato Fries

Serves 2

Hy-Vee

Ingredients Included:

- Roma tomatoes
- jalapeno pepper
- shallot
- cilantro
- lime
- sweet potato
- rosemary
- ground turkey
- seasoning mix

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Rosemary is native to the Mediterranean and has been a prized seasoning and natural medicine for ages. Rosemary contains substances that are useful for stimulating the immune system, increasing circulation, and improving digestion. Rosemary also contains anti-inflammatory compounds and has been shown to increase the blood flow to the head and brain, improving concentration.

To prepare rosemary, rinse rosemary under cool running water and pat dry. Most recipes call for rosemary leaves, which can be easily removed from the stem.

Alternatively, you can add the whole sprig to season soups, stews and meat dishes, then simply remove it before serving. Rosemary has woodsy-citrus-like fragrance.

Nutrition Facts

Serves 2	Per serving
Calories	460
Fat	29g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	135mg
Sodium	1010mg
Carbohydrate	23g
Fiber	4g
Sugars	6g
Protein	32g

Daily values: 210% vitamin A, 45% vitamin C, 10% calcium, 20%



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Grilled Salmon with Avocado Salsa & Roasted Bell Peppers

Serves 2

HyVee

Ingredients Included:

- red onion
- cilantro
- bell peppers
- salmon
- seasoning mix
- avocado
- lime

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Salmon is rich in omega-3 fatty acids EPA and DHA. Unlike most other fats, omega-3 fats are considered “essential,” meaning you must get them from your diet since your body can’t create them. Omega-3s are shown to have many health benefits including lowering blood pressure and risk for heart disease, reducing the risk for cancer and reducing inflammation, which is believed to be the root cause of most chronic diseases. Consuming two servings of fatty fish per week can help meet your omega-3 fatty acid needs.

In addition, salmon is also a great source of selenium. Selenium is a trace mineral found in the soil and certain foods. Selenium helps protect bone health, helps regulate thyroid hormone production, may reduce the risk of cancer and prevents against cognitive decline and dementia.

Nutrition Facts

Serves 2	Per serving
Calories	530
Fat	36g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	90mg
Sodium	980mg
Carbohydrate	20g
Fiber	10g
Sugars	5g
Protein	36g

Daily values: 50% vitamin A, 330% vitamin C, 6% calcium, 15% iron.



Our motto at Hy-Vee is **“Making lives Easier, Healthier, Happier!”** Hy-Vee Fresh was created by our Oakdale Hy-Vee dietitians to do just that! Our goal is to provide a simple and convenient package that empowers customers to prepare one more home-cooked meal. We want to give customers the confidence to be adventurous and try new foods and cooking techniques. With the help from our step-by-step instructions and pre-measured, fresh ingredients, a delicious meal is as **easy as 1,2,3.**

Creamy Mushroom and Sage Chicken with Garlic Mashed Potatoes

Serves 2

Hy-Vee

Ingredients Included:

- mushrooms
- leek
- baby red potatoes
- chives
- sage
- coconut milk
- ghee
- garlic powder
- coconut oil
- chicken
- chicken broth
- arrowroot powder

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Roux (pronounced "roo") is a classic thickening agent for soups and sauces. Flour and fat are cooked together and used to thicken sauces. Roux is typically made from equal parts of flour and fat by weight. The flour is added to the melted fat or oil on the stove top, blended until smooth, and cooked to the desired level of brownness.

Ghee (pronounced "gee") is a form of clarified butter which originated from the Indian subcontinent; and is commonly used in South Asia and Middle Eastern cuisines, traditional medicine, and religious rituals. Ghee is prepared by simmering butter, which is churned from cream, skimming any impurities from the surface, and then pouring and retaining the clear, still liquid fat, while discarding the solid residue that settled on the bottom. Spices can be added for flavor. In comparison to butter ghee has a nuttier flavor and richer golden color.

Nutrition Facts

Serves 2	Per serving
Calories	530
Fat	28g
Saturated Fat	21g
Trans Fat	0g
Cholesterol	90mg
Sodium	1290mg
Carbohydrate	31g
Fiber	3g
Sugars	7g
Protein	34g

Daily values: 15% vitamin A, 25% vitamin C, 6% calcium, 20% iron.



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Chili Stuffed Sweet Potatoes and Garlic Roasted Broccoli

HyVee

Serves 2

Ingredients Included:

- shallot
- broccoli
- garlic
- scallion
- lemon
- sweet potato
- ground beef
- seasoning mix
- diced tomatoes

Ingredients not included in kit:

- salt and pepper
- olive oil



Ingredient Tips & Facts

Sweet potatoes are high in vitamins A, B5 and B6, thiamin, niacin, riboflavin and, due to their orange color, are high in carotenoids. One large sweet potato contains more than 100 percent of the daily recommended intake of vitamin A, according to the U.S. Food and Drug Administration. Vitamin A is an antioxidant powerhouse, and is linked to anti-aging benefits, cancer prevention and the maintenance of good eyesight.

Sweet potatoes have a lower glycemic index from that of other potatoes, which means they are more slowly digested and absorbed and metabolized by the body, resulting in a milder fluctuation in blood sugar (glucose) levels.

Nutrition Facts

Serves 2	Per serving
Calories	410
Fat	19g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	65mg
Sodium	65mg
Carbohydrate	36g
Fiber	7g
Sugars	9g
Protein	32g

Daily values: 390% vitamin A, 120% vitamin C, 10% calcium, 20%



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