



**it's more than just a box of food.**

AUGUST 2019						
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SEPTEMBER 2019						
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## Easy Breakfast Stuffed Peppers



### Ingredients

- 2 bell peppers, any color, halved length-wise and cored
- water
- 6 oz mushrooms, any kind, sliced or chopped
- 1 cup chopped yellow onion
- 4 cloves fresh garlic chopped
- Salt and pepper
- 1/2 cup chopped or sliced tomatoes
- 1/2 cup packed chopped fresh parsley
- Enough eggs for each pepper
- Cheese to garnish

### Instructions

- Preheat oven to 350 degrees F.
- Arrange pepper halves in a baking dish or cast iron skillet. Add 1 cup water to the bottom of dish or skillet. Cover with foil and bake in heated oven for 10 to 15 minutes.
- Meanwhile, make filling. Add mushrooms, cook tossing regularly until nicely browned. Season with salt. Remove from skillet.
- Turn heat to medium-high. To the skillet, add 2 tbsp extra virgin olive oil. When oil is shimmering but not smoking (which will be quick), add onions. Season with salt and pepper and your favorite spices. Cook, stirring regularly for 5 minutes. Add the garlic, and continue to cook over medium-high heat, stirring regularly.
- Now, add the cooked mushrooms, tomato, and parsley. Stir to combine. Remove from heat.
- Remove pepper halves from oven (do not drain water.) Stuff each with the stuffing about 3/4 of the way. Now, carefully crack one egg into each pepper over the potato stuffing.
- Cover with aluminum foil (make sure to tent the foil so it does not stick to the egg yolks.) Bake in heated oven for 18 to 20 minutes, or until the eggs are soft set (longer if you like the eggs more cooked.) Serve immediately!

*Adapted from [themediterraneandish.com](http://themediterraneandish.com)*

## Mexican Deviled Chicken

*(Pollo a la Diabla)*



### Ingredients

- 4 chicken thighs boneless-skinless
- 2 tablespoons extra virgin olive oil
- 1 large onion chopped
- 2 Roma tomatoes chopped
- 6 cloves garlic minced
- 3 1/2 ounces chipotle peppers in adobo sauce (1/2 can)
- 1 cup low-sodium chicken broth
- Kosher salt to taste
- 1-2 tablespoons fresh lime juice (juice of 1/2 lime)
- Optional: 2 cups spinach leaves, corn, avocado

### Instructions

- Heat the oil in a heavy pot, over medium-high heat. Add the onions and sauté until soft; about 5 to 7 minutes. Remove the onions from the pot and add the chicken to the pot; brown on all sides.
- While the chicken is browning, blend the chipotle peppers with the chicken broth in a blender. Make sure there are no large pieces of chipotles left; blend until smooth. This may take several minutes.
- When the chicken has browned, add the onions back into the pot along with the garlic and tomatoes; season with salt, to taste. Cook for about 10 to 15 minutes.
- Add chipotle-broth mixture, stir to combine well. Simmer over low heat uncovered for 30 minutes, or until the sauce has nearly halved and thickened. The longer you simmer this sauce, the better it will be. You can make ahead of time just be sure to cover the pot with a lid after it has reduced.
- Optional: Toss in 2 cups of spinach leaves 5 minutes before serving and allow to cook down.
- Before serving taste and adjust the salt as necessary. Squeeze in the lime juice; stir well to combine.
- Serve over brown rice or cauliflower rice.
- Serving options: Use any leftovers as a filling inside a tortilla with cheese. You may also add additional items such as cilantro, corn, avocado, jalapeno peppers, etc.

*Adapted from [wellplated.com](http://wellplated.com)*