



In your box

- 1 oz. Walnut Halves
- 12 oz. Trimmed Green Beans
- 1 ½ oz. Swiss Cheese Slices
- ½ oz. Crispy Fried Onions
- 1 oz. Shredded Parmesan Cheese
- ½ tsp. Garlic Salt
- ⅔ oz. Balsamic Glaze
- 4 tsp. Chicken Demi-Glace

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops

*Contains: milk, wheat, tree nuts (walnuts)

You will need

Olive Oil, Cooking Spray



Grill-Ready

Swiss Onion Grilled Chicken

with balsamic green beans

NUTRITION per serving—Calories: 583, Carbohydrates: 25g, Fat: 29g, Protein: 54g, Sodium: 1503mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

Grill the Green Beans

- Spray grill with **cooking spray** and heat grill to medium. Thoroughly rinse any fresh produce and pat dry.
- Place **green beans, garlic salt,** and 1 tsp. **olive oil** in provided grill bag. Roll open end of bag to seal and gently shake to mix.
- Place grill bag, window side up (if bag has window), on hot grill and cook until **green beans** are tender, 18-20 minutes.
- While green beans cook, grill chicken.



2

Grill the Chicken

- Place **chicken** on hot grill and cook until browned, 5-7 minutes.
- Flip chicken, and top with **demi-glaze, crispy onions,** and **cheese**. Cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove from grill. Rest chicken at least 3 minutes.
- *If using **pork chops**, follow same instructions. After flipping and topping, grill until pork reaches a minimum internal temperature of 145 degrees, 5-7 minutes.*



3

Finish the Dish

- Plate dish as pictured on front of card, topping **green beans** with **walnuts, Parmesan,** and **balsamic glaze**. Bon appétit!

Indoor Instructions

- If cooking indoors, preheat oven to 400 degrees. Thoroughly rinse any fresh produce and pat dry. Prepare a baking sheet with foil and **cooking spray**. Place **green beans** on prepared baking sheet and toss with 1 tsp. **olive oil** and **garlic salt**. Spread into a single layer and roast in hot oven until green beans are tender, 11-15 minutes. While green beans cook, place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **chicken breasts** to hot pan, and cook until browned on one side, 5-7 minutes. Flip chicken, and top with **demi-glaze, crispy onions,** and **cheese**. Cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes. Rest chicken 3 minutes. Follow same plating instructions. Bon appétit!