



#### In your box

- 2 oz. Grated Parmesan
- ½ oz. Seasoned Croutons
- 2 oz. Light Cream Cheese
- 12 oz. Trimmed Green Beans
- 2 tsp. "Everything Bagel" Seasoning

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

\*Contains: milk, wheat, soy, fish (salmon)

#### You will need

- Olive Oil, Salt



Oven-Ready

## Everything Bagel Chicken

with Parmesan green beans

NUTRITION per serving—Calories: 525, Carbohydrates: 19g, Fat: 26g, Protein: 56g, Sodium: 1521mg.

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

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

### Prepare the Vegetables

- Preheat oven to 425. Remove lid and label, if necessary. When ingredient appears in recipe, remove from packaging. Thoroughly rinse fresh produce and pat dry.
- Combine **green beans**,  $\frac{1}{4}$  tsp. **salt**, and 1 Tbsp. **olive oil** in bottom of provided tray. Push to one side of tray. Top with **Parmesan**.



2

### Prepare the Chicken

- Place **chicken** in empty side of tray. Coat **chicken** with **cream cheese** and top with **seasoning blend**.
- *If using **salmon**, follow same instructions, placing in tray skin side down.*



3

### Bake the Dish

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- *If using **salmon**, bake uncovered in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 25-30 minutes.*
- Plate dish as pictured on front of card, topping **green beans** with **croutons**. Bon appétit!