

## RECIPES

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## TOOLS

- Blender or food processor
- Two glasses (that can hold 20 oz or more)
- Shot glass (if making alcoholic drink)
- Small spoon
- Knife
- Hand mixer
- Medium-sized, shallow bowl or baking dish (with edges)
- Medium mixing bowl
- Small mixing bowl
- Medium-sized frying pan (if not using grill for burgers)
- Fork or potato masher (if making black bean burgers)
- Spatula
- Whisk
- Heavy-duty knife to cut sweet potato fries
- Cutting board
- Baking sheet

## STRAWBERRY LIMEADE



## INGREDIENTS

- 2 cups of fresh or frozen strawberries, diced
- Ice
- 2 cups of limeade juice
- 2 shots of vodka (*for alcoholic version*)
- 4-6 mint leaves

## DIRECTIONS

Using a blender or food processor, blend strawberries until mostly smooth. Locate 2 glasses and add ice. Fill each glass with a cup of limeade juice, a cup of the pureed strawberries, a shot of vodka (*for alcoholic version*) and a few mint leaves. Stir with a spoon to combine.



## LAYERED TACO DIP



## INGREDIENTS

- 4 oz cream cheese
- 4 oz pre-made guacamole
- ¼ cup sour cream
- 1 tsp hot sauce
- 1 tsp lemon juice
- 1-2 roma tomatoes, diced
- 1 cup shredded sharp cheddar cheese
- ½ cup sliced olives
- 1 green onion, sliced
- Tortilla chips for dipping

## DIRECTIONS

Using a stand or hand mixer, whip cream cheese, guacamole, sour cream, hot sauce and lemon juice until creamy and combined. Scoop mixture into a medium-sized shallow bowl or baking dish.

Next, top the mixture with a layer of diced tomatoes, then cheese, olives and green onions. Place in the fridge and chill for 30 minutes or until ready to serve. Enjoy with tortilla chips.



## GREEN CHILE CHICKEN BURGERS WITH LIME CREMA

### INGREDIENTS

- ½ lb ground chicken
- 1 ½ oz can of black beans, olive oil, one egg lightly beaten, and ½ cup cooked quinoa)
- ¼ cup shredded pepper jack cheese
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp salt
- ¼ tsp black pepper
- ⅛ tsp garlic powder
- 2 ox green chiles, diced
- 2 tbsp olive oil (if using frying pan)
- 2 hamburger buns (GF option: GF buns)

### DIRECTIONS

In a bowl, mix the ground chicken, pepper jack cheese, cumin, paprika, salt, pepper, garlic powder and green chiles until combined. Form meat into four patties, pressing a hole in the middle of each to allow the burgers to cook through evenly. Heat your grill or a frying pan with 1-2 tbsp olive oil to medium heat. Wait for the grill to heat up for about five minutes. Place the burgers on the grill for about 6-8 minutes per side, turning only once. While burgers are cooking, make the lime crema by whisking the sour cream, half and half, a pinch of salt and lime juice in a bowl.

To assemble the burgers, place the patty on a bun and top with a few tablespoons of crema, tomatoes and lettuce.

## BAKED SWEET POTATO FRIES

### INGREDIENTS

- 2 small sweet potatoes
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp paprika
- Freezer bag
- Ketchup

### DIRECTIONS

Preheat your oven to 425 degrees. Using a sharp knife and cutting board, cut the ends off the sweet potatoes and slice them into small sticks, leaving the skin on. Add the sweet potatoes, olive oil, salt and paprika to a freezer bag. Close the bag and shake it to coat the fries with olive oil and seasoning.

Place seasoned sweet potatoes on a baking sheet and cook in the oven for 20-25 minutes, flipping them halfway through to ensure they cook evenly.