

Salmon with Couscous Puttanesca

Serves: 4

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients:

¼ cup DeLallo capers

½ cup Divina pitted kalamata olives

1 lemon

3 cloves garlic

4 (6-oz.) Giant Eagle boneless, skinless salmon filets

1 tsp. Market District dried oregano

¼ tsp. kosher salt

¼ tsp. ground black pepper

2 Tbsp. Market District extra virgin olive oil, divided

2 cups Osem Israeli couscous

1 cup Market District tomato basil sauce

1 cup Market District chicken stock

½ tsp. Market District crushed red pepper

Directions:

Drain capers and halve the olives. Cut lemon into wedges. Peel and finely chop the garlic. Cut salmon filets in half. Combine oregano with salt and pepper and season the salmon with this mixture.

Heat 1 tablespoon of olive oil in a sauce pan on medium. Once heated, add the garlic and couscous. Cook for one minute and then add tomato sauce, chicken stock, and the crushed red pepper. Bring to a boil and then turn heat to low. Cook for 10 minutes or until couscous is tender and liquid is absorbed. Stir in olives and capers.

While couscous is cooking, heat 1 tablespoon of olive oil in a pan on medium high. Once heated, add salmon and cook for 4 minutes on each side*.

Serve salmon on top of the couscous with a lemon wedge on the side.

*For food safety, cook salmon to an internal temperature of 145°F.

ALLERGEN CALLOUTS: Peanut-Free, Soy-Free, Egg-Free

Nutritional Information (Per serving):

Calories **700**, Fat **22g**, Sat Fat **3g**, Trans Fat **0g**, Cholesterol **85mg**, Sodium **1100mg**, Total Carbohydrate **75g**, Fiber **5g**, Sugars **4g**, Protein **49g**

Nutritional values are based on data from the USDA National Nutrient Database for Standard Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

Apple Braised Pork Shoulder

Serves: 4

Prep Time: 10 min.

Cook Time: 3 hrs.

Total Time: 3 hrs., 10 min. + 10 min. rest time

Ingredients:

2 yellow onions

2½ lbs. Smithfield pork shoulder Boston butt roast

2 tsp. kosher salt

1 tsp. ground black pepper

4 cups Market District Honeycrisp apple cider

0.75-oz. pkg. Nature's Basket organic sage

3 Honeycrisp apples

24-oz. bag Market District Honey Gold potatoes

Directions:

Preheat oven to 450°F. Peel and thinly slice onions. Season the pork shoulder with salt and black pepper. Place onions in the bottom of a braising pan. Put the pork on top of the onions, place in the oven and roast until golden brown, about 30 minutes.

Turn the pork and stir the onions. Add in the apple cider and whole sage leaves; cover with a piece of parchment paper and a tight-fitting lid. Reduce the oven temperature to 325°F and cook, turning and stirring every half hour for 2 hours.

Meanwhile, core the apples and cut into wedges. After about 2 hours, add the apples and potatoes to the pan.

Replace the lid and cook another 30 minutes or until the potatoes and pork* are tender. Remove the pot from the oven and let rest for another 10 minutes before serving the pork over the apples and potatoes.

*For food safety, cook pork to an internal temperature of 145°F, resting for 3 min.

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free, Soy-Free, Egg-Free, Dairy-Free

Nutritional Information (Per serving):

Calories **640**, Fat **20g**, Sat Fat **7g**, Trans Fat **0g**, Cholesterol **95mg**, Sodium **1500mg**, Total Carbohydrate **82g**, Fiber **7g**, Sugars **46g**, Protein **33g**

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New York Steak with Chimichurri

Serves: 4

Prep Time: 15 min.

Cook Time: 40 min.

Total Time: 55 min.

Ingredients:

1 lb. Market District Honey Gold potatoes

½ bunch parsley

½ bunch cilantro

1 shallot

3-oz. Don Juan raw milk Manchego cheese

4 (6-oz.) Giant Eagle New York strip steaks

½ tsp. kosher salt, divided

½ tsp. ground black pepper, divided

¼ cup Delallo red wine vinegar

1 tsp. Market District Ground Cumin

¼ cup + 3 Tbsp. Market District extra virgin olive oil, divided

Directions:

Start by placing potatoes in a pot covered with salted cold water on high heat and cook for 20 minutes or until potatoes are tender.

Meanwhile, finely chop the parsley and cilantro. Peel and finely dice the shallot. With a vegetable peeler, shave the Manchego cheese. Pat steaks dry and season with ¼ teaspoon of salt and pepper. In a mixing bowl, combine the parsley, cilantro, shallot, red wine vinegar, cumin, ¼ cup olive oil, and ¼ teaspoon of salt and pepper.

Once potatoes are tender, strain. With the bottom of a coffee mug or glass, gently smash the potatoes individually so that they still hold their shape. Heat 2 tablespoons of olive oil in a frying pan on medium, and once heated, add the potatoes. Cook 5-6 minutes on each side or until nice and golden brown. Remove from pan and top with the shaved Manchego.

While the potatoes are frying, heat a frying pan with 1 tablespoon of olive oil on high. Place steak in pan and sear for 4-5 minutes on each side*. Serve steak with potatoes and a big spoonful of chimichurri sauce.

*For food safety, cook steak to an internal temperature of 145°F, resting for 3 min.

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free, Soy-Free

Nutritional Information (Per serving):

Calories **670**, Fat **45g**, Sat Fat **16g**, Trans Fat **1g**, Cholesterol **135mg**, Sodium **610mg**, Total Carbohydrate **21g**, Fiber **2g**, Sugars **1g**, Protein **45g**

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Rigatoni Al Telefono

Serves: 6

Prep Time: 5 min.

Cook Time: 40 min.

Total Time: 45 min.

Ingredients:

12-oz. Market District Provolone cheese

2 tsp. Market District extra virgin olive oil

1 lb. Market District 80% lean certified angus ground beef chuck

24-oz. jar Prego® Traditional Italian sauce

28-oz. can Giant Eagle diced tomatoes

16-oz. box Giant Eagle rigatoni

½ cup Frigo shredded Parmesan

Directions:

Preheat oven to 450°F. Bring a large pot of salted water to a boil. Cut the Provolone into small cubes.

Heat a large pot over medium-high heat. Once hot, add olive oil and beef. Cook, stirring to break up the beef until cooked through*, about 3 minutes. Add the spaghetti sauce and diced tomatoes. Bring to a boil and reduce the heat to low. Let simmer slowly for 10-15 minutes while cooking the pasta.

Add the pasta to the boiling water and cook for 7 minutes (keep undercooked as it will cook more in the oven). Drain and add to the simmering tomato sauce. Stir to combine well.

Transfer half the pasta mixture to an 8x12-inch baking dish. Scatter with half the Provolone and half the Parmesan. Top with the second half of the pasta then the remainder of the Provolone and Parmesan.

Place in the oven and bake until brown and bubbly, about 15 minutes.

*For food safety, cook ground beef to an internal temperature of 160°F.

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free, Soy-Free, Egg-Free

Nutritional Information (Per serving):

Calories **760**, Fat **30g**, Sat Fat **15g**, Trans Fat **1g**, Cholesterol **90mg**, Sodium **1570mg**, Total Carbohydrate **75g**, Fiber **7g**, Sugars **13g**, Protein **44g**

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BBQ Drumstick and Broccoli Bake

Serves: 4

Prep Time: 10 min.

Cook Time: 35 min.

Total Time: 45 min.

Ingredients:

2 broccoli crowns

1 bunch green onions

0.75-oz. pkg. Nature's Basket dill

½ cup Giant Eagle shredded Cheddar cheese

½ cup Market District Japanese-style panko

3 lbs. Giant Eagle drumsticks

1½ cups Sweet Baby Ray's Honey BBQ sauce

1/8 tsp. kosher salt

1/8 tsp. ground black pepper

1 cup Daisy sour cream

1 Tbsp. Hidden Valley original ranch seasoning

Directions:

Preheat oven to 375°F. Cut broccoli into wedges. Thinly slice green onions and chop the dill. Combine Cheddar cheese, panko, and half of the green onions.

Toss the drumsticks in half of the BBQ sauce and a pinch of salt and pepper. Arrange on a sheet tray and place in oven for 25 minutes. Remove from oven, brush with remaining BBQ sauce. Place broccoli on the same sheet tray and sprinkle it with the cheddar mixture. Return to oven for 10 minutes*.

While chicken is roasting, combine sour cream, ranch seasoning, dill, and remaining green onions. Stir together and set aside.

Serve chicken and broccoli with ranch dip on the side.

*For food safety, cook chicken to an internal temperature of 165°F.

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free, Egg-Free

Nutritional Information (Per serving):

Calories **780**, Fat **32g**, Sat Fat **13g**, Trans Fat **0.5g**, Cholesterol **270mg**, Sodium **1700mg**, Total Carbohydrate **71g**, Fiber **5g**, Sugars **49g**, Protein **49g**

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