

Teriyaki Chicken with Brussel Sprout Fried Rice

Serves: 4

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

½ bunch green onions

6-oz. Brussels sprouts

1-oz. ginger

2 (8.5-oz.) pkg. Uncle Ben's jasmine ready rice

1½ lbs. Nature's Basket boneless, skinless chicken breasts

1/8 tsp. kosher salt

1/8 tsp. ground black pepper

2 Tbsp. Market District extra virgin olive oil, divided

½ cup Market District teriyaki sauce

2 Tbsp. toasted sesame seeds, divided

¼ cup Giant Eagle reduced sodium soy sauce

1 Tbsp. Sambal Oelek

Directions:

Thinly slice the green onions. Remove ends of Brussels sprouts and cut into quarters. Peel and grate the ginger on a microplane. Tear corner of rice packets and heat for 90 seconds in the microwave. Pat chicken dry and season with a pinch of salt and pepper.

Heat 1 tablespoon of oil in a frying pan on medium high. Once heated, add chicken and cook for 5 minutes on each side*. Add the teriyaki, ginger, and half of the sesame seeds. Bring to a boil, cover, and cook for another 2-3 minutes.

Meanwhile, heat 1 tablespoon of oil in another frying pan on medium high. Add the Brussels sprouts and cook for 5-6 minutes or until browned. Add the rice, soy sauce, and sambal and cook for another 2-3 minutes.

Serve chicken on top of rice and garnish with remaining sesame seeds and green onions.

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

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

Nutritional Information (Per serving):

Calories **560**, Fat **15g**, Sat Fat **2.5g**, Trans Fat **0g**, Cholesterol **95mg**, Sodium **1070mg**, Total Carbohydrate **64g**, Fiber **3g**, Sugars **13g**, Protein **42g**

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.

One-Pot Ratatouille Pasta

Serves: 6

Prep Time: 20 min.

Cook Time: 35 min.

Total Time: 55 min.

Ingredients:

1 red bell pepper
1 yellow bell pepper
2 zucchini
1 Nature's Basket eggplant
1 bunch basil
3 cloves garlic
1 Tbsp. Market District extra virgin olive oil
14.5-oz. can Giant Eagle petite diced tomatoes
24-oz. jar Nature's Basket tomato basil sauce
16-oz. Market District fusilli pasta
¼ cup Frigo shaved Parmesan

Directions:

Cut the peppers, zucchini, and eggplant all into one-inch cubes. Julienne the basil. Peel and chop the garlic.

Heat oil in a pot on medium. Add the eggplant and cook 5 minutes, then add the peppers, zucchini, and garlic. Cook for another 5 minutes. Add the diced tomatoes, tomato sauce, 2 cups of water, and the pasta. Once it comes to a boil, lower to a simmer and cook for 25 minutes, stirring frequently.

Once liquid has absorbed and pasta is tender, garnish with Parmesan and basil.

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free, Soy-Free, Egg-Free
Vegetarian, Dietitian Pick

Nutritional Information (Per serving):

Calories **440**, Fat **7g**, Sat Fat **1.5g**, Trans Fat **0g**, Cholesterol **5mg**, Sodium **640mg**, Total Carbohydrate **78g**, Fiber **6g**, Sugars **12g**, Protein **16g**

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Lemon Pepper Pork Chops

Serves: 4

Prep Time: 20 min.

Cook Time: 25 min.

Total Time: 45 min.

Ingredients:

1 lb. (about 4) turnips
1 yellow onion
1 head escarole
2 lemons
4 Giant Eagle boneless center-cut pork loin chop
4 tsp. Market District extra virgin olive oil, divided
4 tsp. Market District lemon pepper
2 cups Giant Eagle chicken broth
½ tsp. kosher salt
½ tsp. ground black pepper

Directions:

Heat the grill. Peel the turnips and cut into wedges. Peel and slice the onion. Wash the escarole and chop into 1-inch pieces. Juice and zest one of the lemons and cut the other lemon into wedges. Rub the pork chops with 2 teaspoons of olive oil and season with 1 teaspoon of lemon pepper seasoning per pork chop.

Heat a large pot over medium heat. Once hot, add 2 teaspoons of olive oil and the onions. Cook, stirring occasionally until soft and light brown, about 3 minutes. Add the escarole, turnips, and chicken broth. Stir well and cover the pot. Cook, stirring occasionally, until turnips are tender, about 10 minutes. Remove from heat and season with ½ teaspoon kosher salt, ½ teaspoon of ground black pepper, and the juice and zest of one lemon.

While the greens are braising, grill the pork chops until cooked through*. Cooking will take about 15 minutes per inch of thickness. Serve the pork chops with the braised greens and lemon wedges.

*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 **440**, Fat **22g**, Sat Fat **6g**, Trans Fat **0g**, Cholesterol **130mg**, Sodium **930mg**, Total Carbohydrate **16g**, Fiber **5g**, Sugars **7g**, Protein **44g**

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Cuban Beef Picadillo

Serves: 4

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

1 yellow onion
1 red bell pepper
½ cup Goya Manzanilla Spanish olives with pimientos
6 cloves garlic
½ bunch cilantro
2 tsp. Market District extra virgin olive oil
1½ lbs. Nature's Basket 90% lean ground beef
1 tsp. Market District ground cumin
½ tsp. Giant Eagle ground cinnamon
1 tsp. ground black pepper
½ cup Sun-Maid Natural California raisins
¼ cup Crosse & Blackwell 100% non-pareil capers
¼ cup Giant Eagle savory Worcestershire sauce
1/8 tsp. kosher salt
2 (8.8-oz.) pkg. Giant Eagle whole grain brown rice 90 second rice
15.5-oz. can Giant Eagle black beans

Directions:

Peel the onion and finely dice. Dice the bell pepper. Roughly chop the olives. Peel and chop the garlic and chop the cilantro.

Heat a medium frying pan over medium-high heat. Once hot, add the olive oil and beef and cook, breaking up the beef until cooked through, about 3 minutes*. Add the diced onions, bell pepper, garlic, spices and cook, stirring occasionally, for another 2 minutes. Add the chopped olives, raisins, capers, Worcestershire sauce and salt. Continue to cook until most of the liquid has evaporated, about 2 minutes.

Heat the brown rice according to the package directions. Heat the black beans in a small pot.

Divide the cooked rice between four plates. Top with the black beans and beef picadillo. Garnish with chopped cilantro.

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

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

Nutritional Information (Per serving):

Calories **760**, Fat **23g**, Sat Fat **6g**, Trans Fat **0g**, Cholesterol **105mg**, Sodium **1500mg**, Total Carbohydrate **86g**, Fiber **10g**, Sugars **18g**, Protein **46g**

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Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

Long Life Noodles

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Ingredients:

- 1 bunch green onions
- 8-oz. shiitake mushrooms
- 1-oz. ginger
- 1 lb. boneless, skinless chicken breasts
- 2 (10-oz.) pkg. Wel-Pac lo mein noodles
- 1 tsp. granulated sugar
- 4 tsp. Giant Eagle soy sauce
- 2 Tbsp. Dynasty oyster sauce
- 1 tsp. Dynasty sesame seed oil
- 2 Tbsp. vegetable oil
- 1 cup Giant Eagle premium matchstix carrots
- 2 Tbsp. toasted sesame seeds

Directions:

Cut the green onions into 2-inch lengths. Remove the stems and slice the shiitake mushrooms. Mince the ginger. Split the chicken breasts lengthwise to make two thinner pieces, then slice into thin strips.

Boil 3 quarts of water in a pot. Once boiling, add the noodles. The directions on the box may say to boil the noodles for 5 minutes, but we recommend no more than 3 to 4 to keep them firm and chewy. When the noodles are done, immediately drain and set aside.

Dissolve the sugar in 2 tablespoons of hot water, and then add the soy sauce, oyster sauce, and sesame oil. Stir until combined.

Heat a wok or large frying pan until just smoking, and spread oil around the perimeter. Add the chicken and cook, stirring occasionally until just cooked through, about 2 minutes*. Add the green onions and mushrooms and stir fry for 30 seconds. The mushrooms are like sponges and will soak up the oil, so add another tablespoon of oil, if necessary.

Add the noodles (they still should be warm but with no water dripping), ginger, and matchstick carrots and stir fry everything for another 20 seconds.

Spread the prepared sauce mixture evenly over the noodles, and stir-fry for 1 minute, or until the soy sauce mixture is distributed evenly.

Mix gently so you don't break up the noodles. Remember, you want to have long noodles to give longevity and prosperity to whoever's going to be eating this dish!

Continue to cook until the noodles are well coated with sauce and heated through. This will take 1-3 minutes. Split up the noodles between 4 bowls and garnish with sesame seeds.

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

ALLERGEN CALLOUTS: Dairy-Free

Nutritional Information (Per serving):

Calories **750**, Fat **15g**, Sat Fat **2g**, Trans Fat **0g**, Cholesterol **65mg**, Sodium **2290mg**, Total Carbohydrate **109g**, Fiber **3g**, Sugars **11g**, Protein **46g**

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