

## Chicken Saltimbocca

Serves: 4

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

### Ingredients:

4 Nature's Basket boneless skinless thin sliced chicken breasts

1 pkg. Nature's Basket organic sage

3 oz. Dietz & Watson® prosciutto

¼ cup Giant Eagle flour

2 tsp. kosher salt, divided

1 tsp. ground black pepper, divided

2 Tbsp. Giant Eagle unsalted butter, divided

1 Tbsp. Market District extra virgin olive oil

1 cup Kitchen Basics® original chicken stock

2 bunch Giant Eagle Life's Getting Fresher broccolini

### Directions:

Preheat oven to 425°F. Bring a pot of salted water to a boil. Pick sage leaves. Lay a prosciutto slice on a flat surface and lay the next piece down slightly overlapping and repeat with the third. Do this three more times.

Season flour with a pinch of salt and pepper and sprinkle on a plate. Season chicken breasts with salt and pepper. Lay 3-4 pieces of sage on each chicken breast and wrap with the prosciutto, securing the sage to the breast. Lightly coat the prosciutto wrapped chicken breast in the seasoned flour.

Heat 1 tablespoon of butter and olive oil in a frying pan on high. Once butter is melted, gently add the chicken breast and sear for 3 minutes on each side. Place the chicken breast in the oven for 5-6 minutes or until internal temperature of chicken is at least 165°F.

Drain off fat from pan and return to heat. Add the chicken stock and with a wooden spoon, scrape up the bits on the pan. Cook for 2-3 minutes and whisk in remaining butter and a pinch of salt and pepper.

Submerge the broccolini into the boiling water and cook for 3-4 minutes. Drain and set aside. Serve chicken with the broccolini and a generous ladle of the sauce.

Chicken Saltimbocca

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

### Nutritional Information (Per serving):

*Calories 350, Fat 16g, Sat. Fat 6g, Trans Fat 0g, Cholesterol 105mg, Sodium 1590mg, Total Carbohydrate 12g, Fiber 2g, Sugars 0g, Protein 37g*

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.

## Lentil Bolognese

Serves: 4

Prep Time: 10 min.

Cook Time: 30 min.

Total Time: 30 min.

### Ingredients:

2 Tbsp. Market District extra virgin olive oil, divided

3 cloves garlic, finely chopped

1 cup Giant Eagle lentils

1 (24-oz.) jar Giant Eagle tomato basil sauce

Salt & pepper

1 (16-oz.) package Giant Eagle linguine

¼ bunch Italian parsley, finely chopped

½ cup Frigo® shaved Parmesan cheese

### Directions:

Bring a large pot of water to a boil and add a pinch of salt. Heat 1 tablespoon of olive oil on medium for one minute in a large pot. Add in garlic and cook for one minute stirring constantly to make sure it doesn't burn. Add lentils and coat with the garlic and oil; then, add tomato sauce. Add a cup of water to the tomato sauce jar and give the jar a good shake to get all the sauce. Pour into the pot, add a pinch of salt and pepper and bring everything to a boil. Lower to a simmer and cook for about 20 minutes or until lentils are tender.

Meanwhile, cook linguine in the boiling water for 9 minutes. Once cooked, drain and coat with remaining olive oil. Add cooked pasta to the lentil Bolognese and toss well. Let the pasta and sauce cook together for a minute to get all the flavors infused. Serve with a sprinkle of parsley and a generous heap of Parmesan cheese.

Lentil Bolognese (**Vegetarian**)

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

### Nutritional Information (Per serving):

*Calories 700, Fat 15g, Sat. Fat 3g, Trans Fat 0g, Cholesterol 5mg, Sodium 1490mg, Total Carbohydrate 128g, Fiber 16g, Sugars 12g, Protein 35g*

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.

## Salmon Salsa Verde Packets

Serves: 4

Prep Time: 10 min.

Cook Time: 12 min.

Total Time: 22 min.

### Ingredients:

1 fresh zucchini

4 fresh radishes

1 ripe avocado

½ bunch cilantro

1½ Tbsp. Market District extra virgin olive oil, divided

1 (10-oz.) bag Giant Eagle frozen quinoa

4 farm raised Faroe Island® salmon fillets

Salt & pepper

1 cup Herdez® salsa verde, divided

### Directions:

Preheat oven to 375°F. Cut zucchini on the bias into ½-inch slices. Thinly slice radish into ¼-inch slices. Dice avocado into ½-inch cubes. Pick cilantro leaves.

On a flat surface, lay down four pieces of 6-inch by 6-inch aluminum foil. Drizzle a teaspoon of olive oil on the bottom of each foil. Divide the quinoa evenly between the foil packets and place salmon on top. Season with a pinch of salt and pepper on top of each filet. Evenly divide the zucchini between the packets as well. Reserve 2 tablespoons of the salsa verde and pour the remaining salsa evenly on the salmon packets. Bring two of the sides of the foil over the salmon and bring the other sides over them seal so steam won't escape while in oven. Place packets on sheet tray and place in oven for 12 minutes or until internal temperature of salmon reaches a minimum of 145°F.

Meanwhile, combine sliced radish, avocado, reserved salsa verde and a pinch of salt and pepper in a bowl. Gently toss together. When salmon is cooked, place packet on a plate and carefully open. Garnish with a few spoonfuls of the radish avocado salad and picked cilantro leaves.

Salmon Salsa Verde Packets

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

### Nutritional Information (Per serving):

*Calories 480, Fat 28g, Sat. Fat 4.5g, Trans Fat 0g, Cholesterol 70mg, Sodium 810mg, Total Carbohydrate 27g, Fiber 5g, Sugars 4g, Protein 31g*

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.

## **Braised Pork with Basil Polenta**

Serves: 4

Prep Time: 10 min.

Cook Time: 3 hrs.

Total Time: 3 hrs., 10 min.

### **Ingredients:**

1 yellow onion  
2 fresh carrots  
2 lbs. Smithfield® pork shoulder Boston butt roast  
5 tsp. kosher salt, divided  
1½ tsp. ground black pepper, divided  
4 Tbsp. Market District extra virgin olive oil, divided  
1 (14-oz.) bag Giant Eagle sliced freshly frozen strawberries  
3 Tbsp. Market District balsamic vinegar of Modena, divided  
1 (9.2 oz.) box Market District instant polenta  
1 (2 oz.) bunch Nature's Basket basil, finely chopped  
½ cup Frigo® shaved Parmesan cheese, divided  
1 cup fresh strawberries  
2 cups Nature's Basket baby arugula

### **Directions:**

Preheat oven to 500°F. Peel and dice the onion and carrot into ¼-inch pieces, and set aside separately.

Cut the pork shoulder into 4 large pieces. Season with 2 teaspoons of salt and 1 teaspoon of black pepper. Set on a rack over a sheet pan and place in oven. Roast until brown on all sides, turning if necessary to brown evenly. This will take about 15 minutes. Transfer the browned pork to a baking dish.

While the pork is browning, in a large saucepan, heat 2 tablespoons of olive oil over high heat. Add the onions and sauté over medium heat until they are softened and lightly browned. Add the carrots and continue to cook another 2 minutes. Add the frozen strawberries and 2 tablespoons of the balsamic vinegar. Cook, smashing the strawberries until the mixture comes to a boil. Season with 1 teaspoon of salt and ½ teaspoon of pepper. Pour this sauce, along with any juices from the roasted pork, over the pork. Lower oven to 325°F. Cover pork with parchment paper and then aluminum foil. Place in oven and set timer for 2½ hours.

When there is about 15 minutes left on timer, Place 4½ cups of water in a medium saucepan and bring to a boil. Whisk in the polenta and 2 teaspoons of salt. Once the mixture returns to a boil, reduce heat to low and continue to cook, stirring occasionally for 3-5 minutes. Add basil and ¼ of the Parmesan cheese and whisk well to combine.

Remove the stems and cut the fresh strawberries into quarters. Toss with the arugula, 1 tablespoon of balsamic vinegar, 2 tablespoons olive oil, a pinch of salt and pepper and the remaining Parmesan cheese.

Remove the pork from the oven and serve with the polenta and arugula salad.

#### Braised Pork with Basil Polenta

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

#### **Nutritional Information (Per serving):**

*Calories 880, Fat 43g, Sat. Fat 13g, Trans Fat 0g, Cholesterol 145mg, Sodium 2740mg, Total Carbohydrate 77g, Fiber 5g, Sugars 12g, Protein 47g*

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.

## Sage Roasted Chicken Breast with Winter Squash Medley

Serves: 4

Prep Time: 10 min.

Cook Time: 25 min..

Total Time: 35 min.

### Ingredients:

1 bunch Nature's Basket organic sage  
1 bunch green onions  
1 fresh lemon  
3 Tbsp. Market District extra virgin olive oil, divided  
2 tsp. salt, plus more for seasoning  
1 tsp. black pepper  
4 Giant Eagle boneless skinless chicken breasts with rib meat  
1 acorn squash  
2 Fuji apples  
1 (8.8-oz.) pkg. Giant Eagle long grain & wild 90 second rice

### Directions:

Preheat oven to 425°F. Chop the sage and green onions and place in a small bowl. Zest and juice the lemon into the bowl. Add olive oil, salt and pepper, and stir to combine. Take half of this mixture and marinate the chicken breasts in it for 15 minutes.

Cut the squash in half lengthwise and scoop out the seeds. Lay the cut side on the cutting board and cut into ¼-inch thick slices, starting at the bottom and moving toward the stem. Cut each of these in half to form little half circles. Cut the apples in half lengthwise and remove the core then slice into ¼-inch thick pieces.

Line a sheet pan with foil and rub with a little olive oil and sprinkle with a little salt. Lay the sliced squash and apples, overlapping and alternating on the sheet pan. Sprinkle a little more olive oil and salt over the apples and squash. Place the chicken breasts next to the squash and apples and place in the oven.

Cook until the squash is brown around the edges and the internal temperature of the chicken reaches a minimum of 165°F. You may need to reduce the oven temperature if the squash starts browning too fast. This should take about 25 minutes.

While the chicken is cooking, heat the rice according to package directions. Serve the chicken breasts and squash with the rice and remaining marinade.

Sage Roasted Chicken Breast with Winter Squash Medley

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

### Nutritional Information (Per serving):

*Calories 470, Fat 16g, Sat. Fat 2.5g, Trans Fat 0g, Cholesterol 75mg, Sodium 1670mg, Total Carbohydrate 52g, Fiber 4g, Sugars 14g, Protein 31g*

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