

Shrimp and Corn Chowder

Serves: 6

Prep Time: 15 min.

Cook Time: 35 min.

Total Time: 50 min.

Ingredients:

12-oz. Market District Cajun-style andouille sausage

1 red onion

¼ pkg. Nature's Basket organic thyme

1 lb. Giant Eagle Yukon Gold potatoes

½ bunch green onions

1 lb. Nature's Basket extra-large peeled & deveined raw shrimp, thawed

3 Tbsp. Giant Eagle unsalted butter

6 Tbsp. Giant Eagle all-purpose flour

4 cups College Inn chicken broth

2 (15.25-oz.) cans Del Monte golden sweet whole kernel corn

14.5-oz. can Del Monte tomatoes - diced with green pepper and onion

1 cup Giant Eagle heavy cream

Directions:

Cut the sausages in half lengthwise then into ¼-inch slices. Peel and dice the red onion. Remove the thyme from the stems and chop. Cut the potatoes into ½-inch dice. Slice the green onions. Roughly chop the shrimp.

Melt the butter in a large saucepan over medium heat. Add the andouille and cook, stirring occasionally until it starts to brown, about 2 minutes. Add the red onion and thyme and cook until the onions are soft, about 3 minutes. Add the flour and cook, stirring occasionally for 1 minute. Add the chicken broth and whisk well to combine.

Increase the heat to medium-high and bring to a boil, whisking often. Reduce the heat, add the potatoes, corn, and tomatoes. Reduce heat and simmer until the potatoes are tender, about 20 minutes. Add in the cream and chopped shrimp and cook until cooked through*. Garnish with the sliced green onions.

*For food safety, cook shrimp until it is pink and is opaque.

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

Nutritional Information (Per serving):

Calories **580**, Fat **35g**, Sat Fat **17g**, Trans Fat **0.5g**, Cholesterol **185mg**, Sodium **2220mg**, Total Carbohydrate **44g**, Fiber **5g**, Sugars **9g**, Protein **26g**

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.

Mexican Steak Salad

Serves: 4

Prep Time: 20 min.

Cook Time: 20 min.

Total Time: 40 min.

Ingredients:

1 red onion

6-oz. tomatillos

1 bunch radishes

2 heads Nature's Basket organic romaine hearts

2 limes

½ bunch cilantro

1.5 lb. Market District flank steak

1 Tbsp. McCormick Chipotle taco seasoning mix

1 tsp. kosher salt

1 tsp. granulated sugar

½ tsp ground black pepper

1 tsp. ground cumin

6 Tbsp. + 2 tsp. Market District extra virgin olive oil, divided

2-oz. Supremo cotija grated cheese

Directions:

Trim and cut the red onion in half and thinly slice. Remove the husk from the tomatillos and cut into wedges, about 6-8 per tomatillo. Trim the radishes and slice thinly. Cut the romaine hearts into 1-inch strips. Juice one lime and cut the other into wedges. Roughly chop the cilantro. Season the steak with the taco seasoning.

To make the dressing, combine the lime juice with salt, sugar, pepper, cumin, and 6 tablespoons of olive oil and whisk well.

Heat a large frying pan over medium-high heat. Once hot, add 2 teaspoons of olive oil and the seasoned steak. Cook to your desired doneness, about 6 minutes per side for medium*. Set the steak aside and let rest for at least 10 minutes.

While the steak is resting, combine the onion, tomatillos, radishes, romaine, and cilantro in a bowl. Pour over about ½ the dressing and toss. Taste and add a little more dressing if necessary.

Thinly slice the steak against the grain. Divide the salad among 4 plates and top with the sliced steak. Sprinkle with the cotija cheese. Serve with lime wedges and remaining dressing.

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

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

Nutritional Information (Per serving):

Calories **530**, Fat **30g**, Sat Fat **10g**, Trans Fat **0g**, Cholesterol **115mg**, Sodium **850mg**, Total Carbohydrate **20g**, Fiber **9g**, Sugars **8g**, Protein **43g**

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

Creamy Mushroom Pasta

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Ingredients:

10-oz. Phillips Gourmet baby bella mushrooms

4 cups Nature's Basket baby spinach

2 garlic cloves

12-oz. De Cecco spaghetti with spinach

1 Tbsp. Market District extra virgin olive oil

½ cup Land O' Lakes heavy cream

⅛ tsp. kosher salt

⅛ tsp. ground black pepper

¼ cup Giant Eagle shredded Parmesan cheese

Directions:

Bring a pot of salted water to a boil. Thinly slice the mushrooms. Roughly chop the spinach. Peel and finely chop the garlic.

Add the pasta to the boiling water and cook for 10 minutes. Strain pasta.

While the pasta is cooking, heat olive oil in a medium pan on high. Once heated, add the sliced mushrooms. Cook for 3-4 minutes and then add the chopped garlic and lower heat to medium. Cook for another 3 minutes and then add the heavy cream. Bring to a simmer, which should take 1-2 minutes, and then add the spinach and a pinch of salt and pepper. Stir in the cooked pasta and Parmesan, reserving some Parmesan for garnish.

Enjoy the pasta with Parmesan and fresh-cracked pepper sprinkled on top.

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

Vegetarian

Nutritional Information (Per serving):

Calories **510**, Fat **19g**, Sat Fat **9g**, Trans Fat **0g**, Cholesterol **40mg**, Sodium **470mg**, Total Carbohydrate **68g**, Fiber **5g**, Sugars **3g**, Protein **18g**

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Chicken in Pumpkin Seed Sauce

Serves: 4

Prep Time: 15 min.

Cook Time: 45 min.

Total Time: 1 hr.

Ingredients:

1 red onion
12-oz. tomatillos
4 cloves garlic
1 jalapeño
12-oz. zucchini
1 lime
1 bunch cilantro
1 tsp. kosher salt, divided
⅛ tsp. crushed red pepper
1½ cups Giant Eagle long grain rice
4¼ cups Market District chicken stock, divided
1 Tbsp. Giant Eagle paprika
1 lb. chicken breast
1 cup toasted pumpkin seeds, divided

Directions:

Trim and cut the red onion in half, dicing one half and thinly slicing the other half. Remove the husk from the tomatillos. Peel the garlic. Trim the stem from the jalapeño. Trim the zucchini and cut into ½-inch dice. Juice half the lime and cut the other half into wedges. Reserve a few sprigs of cilantro and roughly chop the rest.

To make the pickled onions, combine the sliced red onion with the lime juice, a pinch of salt, and the crushed red pepper. Let marinate.

In a medium pot, combine the rice with 2¼ cups chicken stock, a pinch of salt, and the paprika. Cover the pot and place over high heat. Bring to a boil then reduce the heat to low and cook for 20 minutes. Turn off the heat and let sit 5 minutes before fluffing the rice with a fork.

Combine 2 cups chicken stock with the chicken breast in a medium pot, add the diced red onion, tomatillos, garlic cloves, jalapeno, and ¾ cup of the toasted pumpkin seeds. Cover and bring to a boil. Reduce heat and let simmer until the tomatillos are tender and the chicken is cooked through*, about 15 minutes. Remove the chicken and set aside. Transfer the sauce to a blender, add the chopped cilantro and ¾ teaspoon salt and blend until smooth. (Since the contents of the blender will be hot, leave the blender lid cracked and cover with a clean kitchen towel.) Return the sauce to the pot. Use 2 forks to shred the chicken breasts and return to the pot with the sauce. Add the diced zucchini and return to a medium-high heat and simmer until the squash is tender, about 5 minutes.

Serve the stew with the rice, pickled onions, reserved pumpkin seeds, remaining cilantro leaves, and lime wedges.

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

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

Nutritional Information (Per serving):

Calories **620**, Fat **19g**, Sat Fat **3.5g**, Trans Fat **0g**, Cholesterol **65mg**, Sodium **1100mg**, Total Carbohydrate **73g**, Fiber **8g**, Sugars **7g**, Protein **43g**

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Spiced Pork Chops with Butternut Gratin

Serves: 4

Prep Time: 15 min.

Cook Time: 35 min.

Total Time: 50 min.

Ingredients:

½ cup Market District Italian seasoned bread crumbs

2 Tbsp. Giant Eagle grated Parmesan

1½ Tbsp. Market District extra virgin olive oil, divided

4 Giant Eagle boneless center-cut pork loin chops

1 tsp. Market District pumpkin pie spice

2 tsp. kosher salt, divided

2 cups Giant Eagle heavy cream

1 lb. Giant Eagle diced butternut squash

⅛ tsp. black pepper

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

¼ cup Giant Eagle red wine vinegar

¼ cup granulated sugar

10-oz. Farmer's Market shredded red cabbage

Directions:

Preheat oven to 375°F. In a small bowl, combine the bread crumbs, Parmesan, and 1 tablespoon of olive oil. Season the pork with the pumpkin pie spice and 1 teaspoon of salt.

Place the cream in a medium pot with the cubed butternut squash. Add a ½ teaspoon salt, a pinch of pepper, and 6-8 leaves of sage. Bring to a boil, stirring occasionally. Once the mixture comes to a boil, pour into an 8-inch x12-inch baking dish. Top with the bread crumb mixture and place in the oven. Bake until the squash is tender and the top is golden brown, about 20 minutes.

While the squash bakes, in a medium pot, combine the red wine vinegar, sugar, ½ cup water, and ½ teaspoon salt and bring to a boil. Add the cabbage, stir to combine, and cook until the cabbage softens, about 5 minutes.

Heat a frying pan or grill pan over medium-high heat. Once hot, add 1½ teaspoons of olive oil and the pork chops. Cook until golden brown on one side, about 5 minutes, flip and cook until cooked through*. Serve the pork with the squash gratin and cabbage.

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

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

Nutritional Information (Per serving):

Calories **940**, Fat **67g**, Sat Fat **34g**, Trans Fat **1.5g**, Cholesterol **270mg**, Sodium **1300mg**, Total Carbohydrate **39g**, Fiber **5g**, Sugars **21g**, Protein **48g**

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