

Herb Roasted Turkey Breast

Serves: 4

Prep Time: 15 min.

Cook Time: 1 hr., 20 min.

1 Honeysuckle White® turkey breast
2 tsp. plus pinch salt, divided
2 tsp. plus pinch pepper, divided
1 stick Giant Eagle butter
1 pkg. Nature's Basket poultry fresh herb mix
4 strips (8 oz.) Giant Eagle bacon
3 cups Kitchen Basics® turkey stock
¼ cup Giant Eagle flour

1. Preheat oven to 450°F. Rub the turkey with a teaspoon of salt and pepper.
2. Cube butter and place in microwave for 30 seconds to slightly soften (you do not want butter to melt).
3. Chop 2 sprigs of rosemary, 2 sprigs of thyme and all the sage in the fresh herb mix. Combine with butter, 1 teaspoon of salt and 1 teaspoon of pepper.
4. With your finger, separate the skin from the meat creating pockets for the butter shove 2/3 of the butter under the turkey skin making sure it gets everywhere. Smear the remaining butter on top and bottom of turkey.
5. Place the turkey breast on a wire rack over a foil lined sheet pan and place in the oven for 15 minutes or until skin is golden brown, then lower the temperature to 250°F for about 45 minutes. Use a meat thermometer and cook until turkey reaches an internal temperature of 165°F. Let rest in a warm place for about 10 minutes before slicing.
6. Meanwhile, dice the bacon and cook in a sauté pan until crispy, drain off the fat and add back in 3 tablespoons of the fat and ¼ cup of flour. Return to a medium heat and cook stirring, for a few minutes to cook the flour, then whisk in 3 cups of turkey stock and a large pinch of salt and pepper. Bring to a boil and then lower to a simmer. Let cook for 10-15 minutes until gravy is thickened, stirring occasionally.
7. Slice the turkey and top with bacon gravy. Enjoy with your favorite Thanksgiving sides.

Nutritional Information (Per serving):

Calories 790, Fat 46g, Sat. Fat 21g, Trans Fat 1g, Cholesterol 265mg, Sodium 1850mg, Total Carbohydrate 7g, Fiber 1g, Sugars 0g, Protein 83g

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.

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

Hawaiian Fried Rice

Serves: 4

Prep Time: 10 min.

Cook Time: 45 min.

2 cups Dynasty® jasmine rice
2 green onions, divided
1 inch fresh ginger, finely chopped
1 cup fresh chopped pineapple
2 Giant Eagle eggs
3 tablespoons canola oil, divided
1 Hatfield® ham steak, diced into 1/2- inch cubes
3 Tbsp. Giant Eagle reduced sodium soy sauce

1. Add rice into a small pot and cover with 3 cups of water. Bring to a boil and then lower to a simmer and cover. Cook until rice is cooked and liquid is gone. Spread rice on a sheet tray in an even layer (you can use leftover rice or do this step the night ahead if you have time).
2. Crack eggs and whisk in a small bowl.
3. Heat 1 tablespoon of canola oil in large skillet or wok. Add in ham and cook for a few minutes to caramelize. Add pineapple and do the same. Remove from pan and set aside.
4. Heat another 2 tablespoons of canola oil and add rice, leaving it alone in the pan so it starts to crisp up. Add ginger and soy sauce and cook for a few more minutes. Add egg and cook for about 2 more minutes. Once egg is cooked, add half of the green onion and salt and pepper. Top rice with remaining green onions and enjoy!

Nutritional Information (Per serving):

Calories 540, Fat 14g, Sat. Fat 2g, Trans Fat 0g, Cholesterol 105mg, Sodium 950mg, Total Carbohydrate 80g, Fiber 1g, Sugars 6g, Protein 20g

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

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

Sage Mustard Salmon with Cranberry Wild Rice

Serves: 4

Prep Time: 10 min.

Cook Time: 35 min.

¼ cup Giant Eagle Dijon mustard
4 leaves Nature's Basket sage, chopped
3 Tbsp. Giant Eagle heavy cream
Salt & pepper, to taste
1 cup Lundberg® wild rice blend
½ cup Giant Eagle dried cranberries
1 Tbsp. Market District extra virgin olive oil
2 cups Giant Eagle fresh spinach, roughly chopped
4 (6-oz.) Giant Eagle salmon fillets

1. Preheat oven to 425°F.
2. In a small bowl, combine the mustard, sage, heavy cream salt and pepper and mix well.
3. In a pot, combine wild rice with cranberries, 1 T of olive oil, pinch of salt and 2 ¼ cups water. Bring to a boil and then lower to a simmer and cover. Cook for about 15 more minutes until rice is tender and liquid has evaporated. If rice is still crunchy add a few more tablespoons of water and cover. When rice is cooked remove lid and stir in spinach.
4. Slather salmon with mustard mixture and place on sheet tray. Cook for 12-15 minutes or until internal temperature of salmon reaches 145°F.
5. Spoon rice on to plate and top with a piece of salmon.

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

Nutritional Information (Per serving):

Calories 870, Fat 34g, Sat. Fat 7g, Trans Fat 0g, Cholesterol 230mg, Sodium 690mg, Total Carbohydrate 53g, Fiber 1g, Sugars 15g, Protein 83g

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

Pasta ala Pizza

Serves: 4

Prep Time: 5 min.

Cook Time: 45 min.

1 (16-oz.) box Giant Eagle rigatoni
1 Tbsp. Market District extra virgin olive oil
½ lb. Giant Eagle ground beef
Salt & pepper, to taste
1 green bell pepper, cored & thinly sliced
1 (24-oz.) jar Giant Eagle tomato basil sauce
1 cup Giant Eagle black olives, drained & halved
1 cup Giant Eagle sliced pepperoni
1 cup Giant Eagle shredded Mozzarella cheese

1. Preheat oven to 400°F.
2. Bring a large pot of salted water to a boil. Once water has boiled cook rigatoni for 10 minutes checking for a perfect al dente pasta. Drain Well.
3. Meanwhile, in a large sauté pan, heat olive oil on high for one minute then add ground beef, breaking apart with wooden spoon as you cook. Season with salt and pepper. Once meat appears half-way cooked (about 5-6 minutes) add in sliced green peppers and cook for another 5 minutes or until internal temperature of ground beef reaches 160°F. Once peppers are soft, add tomato basil sauce and bring to a simmer. Toss pasta with 1 cup of the sauce.
4. Spoon pasta to a baking dish. Top with the ground beef and sauce mixture. Decorate the top with the olives and pepperoni and tap the pan several times so all the sauce and toppings land in the nooks of the pasta. Top with cheese.
5. Bake for 30 minutes, remove from oven when cheese is brown and bubbly. Spoon on to plate and enjoy with a salad.

Note: feel free to customize the recipe by adding your favorite pizza toppings.

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

Nutritional Information (Per serving):

Calories 820, Fat 33g, Sat. Fat 11g, Trans Fat 0g, Cholesterol 65mg, Sodium 2110mg, Total Carbohydrate 106g, Fiber 7g, Sugars 12g, Protein 44g

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

Roasted Yam Tacos

Vegetarian & Dietitian Pick

Serves: 4

Prep Time: 10 min.

Cook Time: 40 min.

2 yams

1 red bell pepper, seeded & cut into ½-inch strips

1 yellow onion, cut into ½-inch wedges

1 Tbsp. Market District cumin

2 Tbsp. Market District extra virgin olive oil

Salt & pepper, to taste

½ cup Giant Eagle white Cheddar cheese, grated

1 pkg. La Tortilla Factory tortillas

½ bunch cilantro, chopped

½ cup Giant Eagle black bean & corn salsa

1. Preheat oven to 450°F.
2. Prick yams with a fork and cook in microwave for 7 minutes. Cut yams in half and then each half into 1quarters and then into cubes.
3. Gently toss together yams, peppers, onions with cumin, olive oil and salt and pepper and spread in a single layer on a sheet tray. Bake for 40 minutes and stir halfway through. You want vegetables to slightly char.
4. Heat tortillas in microwave or in a dry sauté pan. Sprinkle white cheddar over roasted vegetables and top with cilantro.
5. Build into tacos topping with salsa or enjoy everything on a plate.

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

Nutritional Information (Per 2 tacos):

Calories 390, Fat 14g, Sat. Fat 3.5g, Trans Fat 0g, Cholesterol 15mg, Sodium 700mg, Total Carbohydrate 50g, Fiber 4g, Sugars 9g, Protein 16g

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.

