

## Chicken Milanese with Arugula Salad

Serves: 4

Prep Time: 10 min.

Cook Time: 15 min.

Total Time: 25 min.

½ cup Giant Eagle 1% lowfat cultured buttermilk  
1 large Giant Eagle egg  
1 tsp. Grey Poupon® Dijon mustard  
2 tsp. salt, divided  
4 Giant Eagle thin sliced chicken breasts  
1 fennel bulb  
2 lemons  
1 lb. mixed marble potatoes  
¼ cup Market District extra virgin olive oil, divided  
1 cup Market District panko plain bread crumbs  
5 oz. Nature's Basket organic baby arugula  
2 tsp. Stella® shaved Parmesan cheese  
½ cup Giant Eagle roasted red pepper strips

### Directions:

1. Preheat oven to 400°F.
2. Whisk together buttermilk, egg, mustard and 1 teaspoon salt. Place chicken breasts in this mixture and coat well. Set aside.
3. Trim and thinly slice fennel bulb. Cut one lemon in half and the other into wedges.
4. Toss the potatoes with 2 teaspoons of olive oil and remaining teaspoon of salt. Place on a sheet pan and roast for 10-15 minutes or until tender.
5. Place the bread crumbs in a shallow dish or bowl. Dredge the chicken breasts in the bread crumbs, patting the crumbs onto the chicken. Heat a large sauté pan over medium-high heat, add in 2 tablespoons of olive oil, then gently lower the chicken into the oil. Cook until golden brown and crispy on one side then turn and cook the same on the other side until the internal temperature of the chicken reaches at least 165°F. Depending on the size of the pan, you may need to do this in batches. Drain the chicken breasts and season the outside with a pinch of salt.
6. While the chicken is cooking, toss the sliced fennel, arugula, Parmesan and roasted peppers with the juice of one of the lemon halves, 2 tablespoons olive oil and a pinch of salt.
7. Serve the chicken with the roasted potatoes, salad and the lemon wedges.

Chicken Milanese

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

Please add minimal internal temperature of 165 degrees for chicken.

**Nutritional Information (Per serving):**

*Calories **510**, Fat **22g**, Sat. Fat **4g**, Trans Fat **0g**, Cholesterol **125mg**, Sodium **1710mg**, Total Carbohydrate **42g**, Fiber **4g**, Sugars **7g**, Protein **36g***

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.

## Shepherd's Pie

Serves: 4

Prep Time: 5 min.

Cook Time: 30 min.

Total Time: 35 min.

2 Tbsp. canola oil, divided

1 (8-oz.) pkg. Green Giant sliced button mushrooms

1 lb. Giant Eagle ground beef

Salt & pepper

1 Tbsp. Giant Eagle tomato paste

1 Tbsp. Giant Eagle all-purpose flour

1 cup Market District beef stock

1 cup Giant Eagle frozen peas and carrots

1 (22-oz.) tub Giant Eagle White Cheddar mashed potatoes

1. Preheat oven to 425°F. Heat 1 Tablespoon of Canola oil in a medium size oven proof skillet on high for one minute. Add mushrooms to the hot pan and cook for 4-5 minutes. Remove mushrooms from pan and set aside. Add 1 Tablespoon of Canola oil to the same pan and add in the ground beef. Season the beef with a large pinch of salt and pepper and cook for 5-6 minutes.
2. Once meat is browned and has reached a minimal internal temperature of 160°F add in the tomato paste and cook for a minute or so. Once tomato sauce has slightly browned add in the flour and cook for a minute as well. Pour in beef stock and bring to a simmer. The juices in the pan should look smooth and velvety. Fold in the cooked mushrooms and pea and carrot mix. Taste for seasoning and add more salt and pepper if needed.
3. Spoon the mashed potatoes on top of the beef mixture and spread evenly. Take a fork and rake the top to create lines going across the top to ensure a crispy top. Place in preheated oven and cook for 20 minutes. Mashed potatoes should be slightly browned. Let sit for 5 minutes before serving. Enjoy with crusty bread and a simple green salad.

Shepherd's Pie

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

**Please add minimal internal temperature of 160 degrees for ground beef.**

**Nutritional Information (Per serving):**

*Calories 510, Fat 29g, Sat. Fat 10g, Trans Fat 0.5g, Cholesterol 100mg, Sodium 870mg, Total Carbohydrate 34g, Fiber 2g, Sugars 5g, Protein 30g*

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.

## Keto Steak with Loaded Cauliflower

Serves: 4

Prep Time: 10 min.

Cook Time: 25 min.

Total Time: 35 min.

- 1 head cauliflower
  - 8 oz. Market District smokehouse bacon
  - 1 cup Giant Eagle shredded mild cheddar cheese
  - 1 cup Giant Eagle original sour cream, divided
  - 1 bunch scallions, sliced thin, divided
  - 2 lbs. Market District Certified Angus Beef flat iron filet
  - 2 tsp. Market District steak seasoning with paprika & cumin
  - 2 Tbsp. Giant Eagle savory Worcestershire sauce
  - 2 Tbsp. Giant Eagle Dijon mustard with white wine
  - 1 tsp. salt
  - ½ tsp. black pepper
1. Preheat oven to 425°F.
  2. Trim the leaves away from the cauliflower and discard. Slice lengthwise through the core into 4 flat “steaks”. Slice remaining cauliflower fine and place in a microwave-safe bowl with ¼ cup of water. Cover with plastic wrap and microwave for 3 minutes. Let cool, then drain.
  3. Dice the bacon and place in a large sauté pan on medium-high. Cook until brown and crispy, stirring occasionally, about 10 minutes. Drain bacon and save the grease to sauté the sliced cauliflower.
  4. Combine the cooked chopped cauliflower with the cooked bacon, cheddar cheese, ½ cup of the sour cream and half the scallions. Set aside.
  5. Heat the bacon grease and add the cauliflower ‘steaks’ and brown on one side. Place on a sheet pan with the brown side up and top with the cauliflower and cheese mixture.
  6. Season the steak with the steak seasoning, about 1 teaspoon on each side. Then sauté in the same pan that you cooked the cauliflower over medium-high heat until browned on both sides.
  7. Place the steak next to the cauliflower on the same sheet pan and place in the oven. Cook until the cheese is melted and the steaks are reach a minimum internal temperature of 145°F. Remove from the oven and let sit 5 minutes before serving.
  8. While the steaks are cooking, make the sauce; drain the fat from the sauté pan and add in ¼ cup water, bring to a boil and scrape up the brown bits from the pan. Add the Worcestershire and reduce down by half. Stir in remaining sour

cream, the mustard, salt and pepper. Remove from the heat and stir until fully combined.

9. Serve the steaks with the baked cauliflower, sauce and remaining sliced scallions as garnish.

#### Keto Steak with Loaded Cauliflower (**Keto-Friendly**)

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

**Please add minimal internal temperature of 145 degrees for beef.**

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

*Calories **750**, Fat **49g**, Sat. Fat **22g**, Trans Fat **1.5g**, Cholesterol **220mg**, Sodium **1920mg**, Total Carbohydrate **14g**, Fiber **3g**, Sugars **6g**, Protein **60g***

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.

## Roasted Citrus Salmon

Serves: 4

Prep Time: 5 min.

Cook Time: 20 min.

Total Time: 25 min.

1 navel orange

½ stick Giant Eagle unsalted butter

4 (6-oz.) Giant Eagle salmon filets

2 cloves garlic, sliced

¼ bunch parsley, chopped

¼ bunch Nature's Basket chives, sliced

1 Tbsp. Market District extra virgin olive oil

1 (5-oz.) pkg. Nature's Basket spinach

Salt & pepper to taste

1 (15.5-oz.) can Giant Eagle chickpeas, drained & rinsed

1. Preheat oven to 425°F. Zest the orange. Slice orange into ¼-inch slices.
2. Melt half a stick of butter in a sauté pan. Once melted, add orange zest, orange slices and a pinch of salt and pepper. Cook for 2-3 minute and then set aside.
3. Place salmon on a baking sheet and season with salt and pepper. Spoon the melted citrus butter over the salmon. Sprinkle the parsley and chives on top of the salmon as well. Place 2-3 citrus slices on the salmon filets depending on the size. Cook in oven for 12 minutes or until salmon reaches a minimal internal temperature of 145°F. Citrus should be slightly browned and salmon firm to the touch.
4. Heat olive oil in a sauté pan. After a minute, add garlic and cook for 30 seconds, then add spinach. Once spinach is wilted, season with salt and pepper and add chickpeas. Cook for another minute. Enjoy roasted salmon with spinach-chickpea mixture.

Roasted Citrus Salmon

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

Please add minimal internal temperature of 145 degrees for salmon.

**Nutritional Information (Per serving):**

*Calories 590, Fat 30g, Sat. Fat 10g, Trans Fat 0g, Cholesterol 140mg, Sodium 570mg, Total Carbohydrate 32g, Fiber 9g, Sugars 8g, 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.

## Winter Minestrone

Serves: 4

Prep Time: 10 min.

Cook Time: 30 min.

Total Time: 40 min.

1 yellow onion  
1 (12-oz.) bag Giant Eagle brussels sprouts  
1 Tbsp. Market District extra virgin olive oil  
3 cloves garlic, thinly sliced  
1 can Giant Eagle crushed tomatoes  
¼ cup Better Than Bouillon® vegetable base  
Pinch salt & pepper  
1 (16-oz.) pkg. Giant Eagle diced butternut squash  
1 can Giant Eagle cannellini beans  
1 (9-oz.) pkg. Buitoni® spinach & cheese tortellini  
½ cup Frigo® shaved parmesan

1. Peel and dice onion into ¼ inch pieces. Remove ends from Brussels sprouts and slice into ¼ inch slices.
2. Heat olive oil in a large pot over medium-high heat. Add garlic and onions and cook for 3-4 minutes or until they appear soft and translucent. Add crushed tomatoes and bring to a simmer. Once the tomatoes are simmering, add the vegetable base, eight cups of water and a pinch of salt and pepper and bring to a boil.
3. Once soup is boiling, lower to a simmer and add in butternut squash. Cook for 10-12 minutes and once tender add in the beans, pasta and Brussels sprouts. Cook for another 2-3 minutes. Check soup for seasoning and add more salt and pepper if necessary.
4. Ladle soup into bowls and garnish with Parmesan cheese. Serve with a nice crusty bread.

### Winter Minestrone (Vegetarian)

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

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

*Calories 530, Fat 12g, Sat. Fat 4g, Trans Fat 0g, Cholesterol 35mg, Sodium 3420mg, Total Carbohydrate 83g, Fiber 15g, Sugars 14g, Protein 24g*

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.