

Chicken and Soba Noodle Soup

Serves: 4

Prep Time: 10 min.

Cook Time: 1 hr.

Total Time: 1 hr. 10 min.

Ingredients:

2-oz. fresh ginger

1 carrot

4-oz. snow peas

3 chicken breasts

4 cups Giant Eagle chicken broth

¼ cup Miso Shinshu Akamiso red soybean paste

9.5-oz. pkg. Wel-Pac Japanese soba noodles

2 tsp. toasted sesame seeds

Directions:

Slice the ginger ¼-inch thick. Using a vegetable peeler, peel away the first layer of the carrot skin then continue to peel off wide ribbons of carrot. Trim and cut the snow peas into long matchsticks.

Place the chicken breasts in a pot with the chicken stock and the sliced ginger. Place over high heat and bring to a boil, then reduce the heat to low and simmer 10 minutes*. Turn off the heat and set aside until cool enough to shred the chicken. Shred the chicken and set aside. Strain the broth into a bowl, rinse out the same pot and return the broth to the pot and bring to a medium heat. Whisk in the miso paste until smooth. Keep broth hot.

Bring another large pot of water to a boil and cook the soba noodles according to package directions. Drain and divide between 4 bowls. Place the shredded chicken on top of the noodles and ladle the hot broth over top. Add in the carrots and snow peas and sprinkle with the toasted sesame seeds.

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

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

Nutritional Information (Per serving):

Calories **420**, Fat **4g**, Sat Fat **0.5g**, Trans Fat **0g**, Cholesterol **55mg**, Sodium **1910mg**, Total Carbohydrate **62g**, Fiber **4g**, Sugars **4g**, 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.

Pesto Roasted Chicken with Caprese Orzo

Serves: 4

Prep Time: 10 min.

Cook Time: 25 min.

Total Time: 35 min.

Ingredients:

8-oz. Giant Eagle Muenster cheese

4 Giant Eagle boneless, skinless chicken breasts

¼ cup Giovanni Rana pesto sauce

1 lb. Market District True Rebel Mix tomatoes

2 tsp. Market District extra virgin olive oil

12-oz. pkg. Market District No. 65 semolina orzo

2-oz. Giant Eagle unsalted butter

2-oz. shaved Parmesan, divided

Directions:

Preheat oven to 450°F. Shred the Muenster cheese.

Coat the chicken breasts with the pesto sauce and place on a non-stick or foil-lined sheet pan. Place in the oven and roast* about 20 minutes. Meanwhile, place the tomatoes on another non-stick or foil-lined sheet pan and toss with olive oil. Place in the oven and roast until they burst and shrivel a little, about 20 minutes.

While the chicken and tomatoes are cooking, place the orzo in a medium pot with 4 cups water. Bring to a boil, lower the heat and simmer, stirring often, until the orzo is tender, about 8 minutes. Add more water if the pasta gets too dry. Once cooked, add butter, Muenster cheese, and half the Parmesan cheese, stirring vigorously until smooth and creamy. Gently stir in the roasted tomatoes.

If desired, slice the chicken breasts. Divide the orzo between 4 plates and top with the chicken and sprinkle with the remaining Parmesan cheese.

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

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

Nutritional Information (Per serving):

Calories **940**, Fat **46g**, Sat Fat **22g**, Trans Fat **0g**, Cholesterol **170mg**, Sodium **750mg**, Total Carbohydrate **70g**, Fiber **5g**, Sugars **7g**, Protein **57g**

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Mushroom and Brie Lasagna

Serves: 6

Prep Time: 20 min.

Cook Time: 45 min.

Total Time: 1 hr. 5 min.

Ingredients:

32-oz. jar Rao's Homemade tomato basil sauce

28-oz. can Dei Fratelli crushed tomatoes

12-oz. Giant Eagle portabella mushrooms

0.75-oz. pkg. Nature's Basket sage

4.9-oz. President Wee Brie cheese wheel

1 Tbsp. Market District extra virgin olive oil

1/8 tsp. kosher salt

1/8 tsp. ground black pepper

2 cups Giant Eagle Ricotta cheese

8-oz. Giant Eagle lasagna sheets

Directions:

Preheat oven to 400°F. Bring a large pot of salted water to a boil. Combine the tomato sauce and the crushed tomatoes. Slice mushrooms in half and then into 1/2-inch slices. Roughly chop sage. Cut Brie wheel in half-length wise and then cut into 1/4-inch slices.

Heat olive oil in a large frying pan on high. Once pan is heated, add the mushrooms and a pinch of salt and pepper. Cook for 5-6 minutes or until mushrooms are tender. Turn off the heat and stir in the Ricotta and chopped sage.

Add the lasagna noodles to the boiling water and cook for 9 minutes. Strain and lay the noodles on a sheet tray to keep them from sticking together.

In the bottom of a baking dish, spread out one ladle of the tomato sauce. Arrange 3-4 sheets of pasta in a single layer on top of the sauce. Spread 1/2 of the mushroom mixture on top of the pasta and add 1/3 of the sauce. Repeat for another layer of pasta, mushroom mixture, and sauce and then top the last layer with 3-4 sheets of pasta and the remaining sauce. Layer the Brie on top and place in the oven in oven for 25-30 minutes or until everything is starting to bubble and turn golden brown. Let lasagna rest for 5 minutes before slicing and serving.

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

Vegetarian

Nutritional Information (Per serving):

Calories **530**, Fat **27g**, Sat Fat **11g**, Trans Fat **0g**, Cholesterol **55mg**, Sodium **840mg**, Total Carbohydrate **54g**, Fiber **5g**, Sugars **17g**, Protein **21g**

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Croque Monsieur Mac and Cheese

Serves: 6

Prep Time: 20 min.

Cook Time: 40 min.

Total Time: 1 hr.

Ingredients:

8-oz. Giant Eagle boneless quarter ham

½ loaf St. Pierre brioche loaf

3-oz. Giant Eagle unsalted butter, divided

8-oz. Cascadian Farm organic sweet peas

1/3 cup Giant Eagle all-purpose flour

4 cups Giant Eagle whole milk

3 cups Giant Eagle fancy shredded Swiss cheese, divided

1 cup Giant Eagle heavy cream

2 Tbsp. Nature's Basket organic Dijon mustard

½ tsp. kosher salt

1/8 tsp. cayenne pepper

1 lb. Barilla medium shells pasta

Directions:

Preheat oven to 400°F. Cut the ham in to 1/3-inch cubes. Dice the brioche into 1/3-inch cubes. Melt 2 tablespoons of butter and toss with the cubed brioche to coat. Cook peas according to package directions.

To make the cheese sauce, melt the remaining butter in a medium saucepan over medium heat. Stir in the flour and cook over medium heat for 2 minutes. Add the milk and bring to a boil, whisking well. Reduce the heat to low and continue to simmer for 5 minutes. Stir in 2 cups of the shredded cheese, 1 cup of cream, and the Dijon mustard; whisk well to combine. Add salt and cayenne pepper.

Meanwhile, bring a large pot of water to a boil and cook the pasta shells. Cook them 1 minute less than the package directions, as they will cook more in the oven. Drain well and combine with the cheese sauce, diced ham, and peas.

Transfer the pasta and cheese mixture to an oven-proof 8x12-inch casserole dish or skillet. Top with the remaining shredded cheese and the buttered brioche cubes. Place in the oven and bake until golden brown and bubbly, about 15 minutes.

ALLERGEN CALLOUTS: Peanut-Free, Soy-Free

Nutritional Information (Per serving):

Calories **1080**, Fat **54g**, Sat Fat **31g**, Trans Fat **1.5g**, Cholesterol **160mg**, Sodium **1070mg**, Total Carbohydrate **101g**, Fiber **6g**, Sugars **17g**, Protein **43g**

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Shrimp and Andouille Gumbo

Serves: 8

Prep Time: 15 min.

Cook Time: 40 min.

Total Time: 55 min.

Ingredients:

1 yellow onion
3 ribs celery
1 green pepper
8 cloves garlic
1 lb. Market District Cajun-style andouille sausage
1 bunch green onion
8-oz. okra
¼ cup Giant Eagle vegetable oil
1/3 cup Giant Eagle all-purpose flour
28-oz. can Giant Eagle diced tomatoes no added salt
24-oz. pkg. Nature's Basket extra-large peeled & deveined raw shrimp, thawed
2 (8-oz.) bottles Cento clam juice
1 1/8 tsp. kosher salt, divided
½ tsp. ground black pepper
½ tsp. Market District cayenne
2 tsp. Tabasco
1½ cups Giant Eagle long grain rice

Directions:

Dice the yellow onion, celery, and bell pepper into ½-inch dice. Chop garlic. Slice the andouille sausage ½-inch thick. Slice green onions and okra.

In a large, heavy-bottomed stock pot, heat the vegetable oil and flour over medium heat, stirring constantly, until it turns the color of peanut butter. Be careful, as it will be very hot. Add the onions, celery, and bell peppers and cook another 2 minutes. Add garlic and cook another minute.

Add the tomatoes and clam juice and bring to a boil, stirring occasionally. Once it comes to a boil, reduce heat to low and simmer for about 15 minutes. Add the andouille*, shrimp, okra, 1 teaspoon of salt, pepper, cayenne, and tabasco. Cook just until the shrimp turn pink*.

While the gumbo is cooking, follow package directions to rinse rice. Combine the rice with 2¼ cups water and a pinch of salt in a medium saucepan. Cover and bring to a boil over high heat. Once it boils, reduce the heat to low and cook for 20-25 minutes. Remove from the heat and let sit 5 minutes then fluff the rice with a fork.

Serve the gumbo with the boiled rice and garnish with sliced green onions.

*For food safety, cook shrimp until pink and opaque and cook sausage to an internal temperature of 165°F.

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

Nutritional Information (Per serving):

Calories **460**, Fat **21g**, Sat Fat **5g**, Trans Fat **0g**, Cholesterol **135mg**, Sodium **1670mg**, Total Carbohydrate **45g**, Fiber **5g**, Sugars **5g**, Protein **28g**

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