

Vietnamese Pork Skewers

Serves: 4

Prep Time: 10 min.

Marinade Time: 1-24 hrs.

Cook Time: 20 min.

Total Time: 1½ hrs.

Ingredients:

2 oz. garlic, peeled

1 bunch cilantro, chopped

2 oz. fresh ginger, sliced

½ cup Giant Eagle soy sauce

½ cup Thai Kitchen® premium fish sauce

1 tsp. ground black pepper

1 cup Giant Eagle granulated sugar

2 lbs. Giant Eagle pork loin boneless country ribs

6 plums

1 lb. baby bok choy

Directions:

Place the garlic, cilantro, and ginger in a blender with the soy sauce, fish sauce, black pepper and sugar. Blend on high speed until smooth.

Cut the pork into 1-inch cubes and combine with about three quarters of the marinade in a bowl or zip lock bag. Reserve the remaining marinade for later. Let marinade for at least 1 hour or up to 24 hours.

Heat your grill. Thread the meat onto skewers. Cut the plums in half and remove the pits. Grill the skewers, basting with the marinade occasionally, until 155°F internal temperature is reached. Toss the plums with the reserved marinade and grill.

While pork is grilling, cut bok choy in quarters and rinse. Place in a covered sauté pan with a few tablespoons of water and steam over high heat until just wilted.

Serve the pork with the plums, bok choy, remaining marinade and garnish with remaining cilantro leaves.

Vietnamese Pork Skewers

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

Nutritional Information (Per serving):

Calories 780, Fat 51g, Sat. Fat 18g, Trans Fat 0g, Cholesterol 155mg, Sodium 2000mg, Total Carbohydrate 38g, Fiber 3g, Sugars 32g, Protein 42g

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.

Quinoa and Kale Cakes

Serves: 4

Prep Time: 10 min.

Cook Time: 15 min.

Total Time: 25 min.

Ingredients:

4 cups Taylor Farms® chopped kale

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

4 Giant Eagle large eggs

1 bunch green onions, sliced

1 bunch Nature's Basket mint, chopped

1 (4-oz.) container Giant Eagle crumbled Feta cheese, divided

Kosher salt

Ground black pepper

1 cup Giant Eagle roasted red pepper strips

2 Tbsp. Market District extra virgin olive oil

2 Tbsp. Giant Eagle canola oil

Directions:

Bring a small pot of water to a boil. Once water is boiled, add kale and cook for 3-4 minutes. Strain into a colander, rinse with cold water and then roughly chop. Cook quinoa according to instructions on the package. Crack eggs and whisk together.

In a large bowl, combine quinoa, green onions, mint, kale, half of the feta, eggs and a pinch of salt and pepper. Mix well and let sit for 5 minutes in the fridge.

Meanwhile in a blender, combine the red peppers, remaining Feta, olive oil and a pinch of salt and pepper. Puree until smooth.

In a large skillet, heat canola oil on high for one minute. Using a ladle, spoon the quinoa mixture into the pan creating 4-inch pancakes. Cook for 2-3 minutes on each side and repeat until all of the batter is used up. Serve pancakes with red pepper sauce and enjoy!

Quinoa and Kale Cakes **Dietitian Pick, Vegetarian**

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

Nutritional Information (Per serving):

Calories 380, Fat 26g, Sat. Fat 7g, Trans Fat 0g, Cholesterol 210mg, Sodium 600mg, Total Carbohydrate 21g, Fiber 4g, Sugars 4g, Protein 15g

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

Shrimp Fideos

Serves: 4

Prep Time: 10 min.

Cook Time: 15 min.

Total Time: 25 min.

Ingredients:

1 lb. Giant Eagle angel hair pasta

1 Tbsp. + 2 teaspoons Market District extra virgin olive oil, divided

1 yellow onion, minced

3 cloves garlic, minced

8 oz. Kitchen Basics® original chicken stock

1 (14.5-oz.) can Giant Eagle petite diced tomatoes

2 tsp. kosher salt

½ tsp. cayenne pepper

24 oz. Nature's Basket extra-large peeled & deveined raw shrimp

1 avocado, diced

½ bunch cilantro

1 lime, cut into wedges

Directions:

Preheat oven to 325°F.

Break pasta into 2-inch pieces. Place on a sheet pan, toss with 1 tablespoon of olive oil and place in oven to toast. Toast for about 15 minutes, until brown all over, stirring every 3 minutes or so.

While pasta is toasting, heat 2 teaspoons of olive oil in a large stock pot over medium high heat. Add the minced onion to the hot oil and sauté until light brown and soft. Add the minced garlic and sauté another 30 seconds.

Add the chicken stock and diced tomatoes, refill the can with water and add the water to the pot. Add salt and cayenne pepper and bring to a boil. Reduce heat and simmer about 5 minutes.

Add the toasted pasta to the tomato sauce and simmer 2 minutes. Add the shrimp and continue to cook, stirring until the shrimp just turn pink and opaque.

Transfer the pasta and shrimp to 4 bowls and top with diced avocado and cilantro leaves. Serve the lime wedges on the side to squeeze over the pasta and shrimp.

Shrimp Fideos

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

Nutritional Information (Per serving):

Calories 740, Fat 17g, Sat. Fat 2.5g, Trans Fat 0g, Cholesterol 275mg, Sodium 2450mg, Total Carbohydrate 101g, Fiber 4g, Sugars 9g, Protein 47g

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

Crispy Five Spice Chicken with Spicy Cilantro Noodles

Serves: 4

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

1 lb. Giant Eagle boneless, skinless chicken breast

1 tsp. Dynasty® Chinese 5 spice

¼ cup Dynasty® hoisin sauce, divided

3 tsp. Marukan® rice wine vinegar

2 inch knob ginger, finely chopped

½ cup Giant Eagle flour

Canola oil

Kosher salt

1 lb. Giant Eagle spaghetti

½ cup sambal

2 tsp. Giant Eagle unsalted butter

1 bunch cilantro, finely chopped

Ground black pepper

Directions:

Bring a large pot of water to a boil. Cut chicken breast into 1-inch cubes.

Place the chicken, five-spice and 1 tablespoon of the hoisin sauce in a large bowl and mix to combine. Set aside to marinate for 5 minutes.

Place the vinegar and remaining hoisin sauce and chopped ginger in a small bowl and whisk together. Add flour to the marinated chicken mixture and mix to coat.

Half fill a large saucepan with canola oil and place over medium heat until the oil reaches 350°F. Carefully place the chicken in the hot oil and cook for 3- 4 minutes or until crisp and golden and chicken reaches a minimum internal temperature of 165°F. Cook the chicken in 2-3 batches so you do not overcrowd the pan. Once chicken is cooked, place on a paper towel lined tray and season with a pinch of salt and then toss in large bowl with the vinegar hoisin mixture. Set aside and keep warm.

Meanwhile, add pasta to boiling water and cook according to instructions on the box. Once cooked, drain and toss with the sambal, butter, and chopped cilantro. Toss well so that everything is well coated and season with a pinch of salt and pepper.

Enjoy chicken on top of a generous bed of the noodles.

Crispy Five Spice Chicken with Spicy Cilantro Noodles

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

Nutritional Information (Per serving):

Calories 810, Fat 21g, Sat. Fat 3.5g, Trans Fat 0g, Cholesterol 70mg, Sodium 1110mg, Total Carbohydrate 110g, Fiber 6g, Sugars 11g, Protein 42g

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

Sirloin Tips with Fusilli

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Ingredients:

1 red bell pepper

1 gold bell pepper

1 leek

1 bunch Nature's Basket fresh oregano

1½ lbs. Market District beef round sirloin tip roast

1 Tbsp. Market District extra virgin olive oil, divided

2 tsp. kosher salt, divided

¾ tsp. ground black pepper, divided

1 lb. Market District no. 27 semolina fusilli

1 jar Classico® tomato & basil pasta sauce

2 oz. Frigo® shaved Parmesan cheese

Directions:

Preheat oven to 500°F.

Dice bell peppers into ½-inch dice. Trim the green part off the leek and split lengthwise; then, rinse off any dirt and dice it into ½-inch pieces. Chop the oregano. Cut the beef into 1-inch cubes.

On a foil-lined or non-stick sheet pan, toss the leeks, bell pepper and half the oregano with 2 teaspoons of olive oil, 1 teaspoon of salt and ¼ teaspoon of pepper. Spread out on half the sheet pan. On the other half of the sheet pan, toss the beef cubes with 1 teaspoon of olive oil, 1 teaspoon of salt, ½ teaspoon of pepper and the rest of the oregano. Place in oven and roast for 10-15 minutes, or until lightly browned and internal temperature is at least 145°F.

Meanwhile, bring a large pot of salted water to a boil and add the pasta. Cook for 10 minutes. Drain and return to pot.

Add the roasted beef and vegetables along with the tomato basil sauce and simmer over medium heat, stirring, for 2 minutes. Enjoy pasta with a generous sprinkle of Parmesan cheese.

Sirloin Tips with Fusilli

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

Nutritional Information (Per serving):

Calories 600, Fat 18g, Sat. Fat 6g, Trans Fat 0g, Cholesterol 95mg, Sodium 2030mg, Total Carbohydrate 60g, Fiber 2g, Sugars 11g, Protein 51g

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.