

Sloppy Joes

Serves: 4

Prep Time: 5 min.

Cook Time: 15 min.

Total Time: 20 min.

Ingredients:

1 red onion

1½ lbs. ground beef

½ cup French's classic yellow mustard

⅓ cup Heinz ketchup

⅓ cup Giant Eagle granulated sugar

½ cup Heinz apple cider vinegar

1 Tbsp. Lea & Perrins Worcestershire sauce

4 ea. Giant Eagle pretzel Kaiser rolls

1 jar Giant Eagle kosher dill spears - fresh pack

1 bag Giant Eagle lightly salted potato chips

Directions:

Peel and thin slice red onion.

Heat a large nonstick sauté pan over medium high heat. Add ground beef and cook, stirring occasionally, until cooked through and beef reaches an internal temperature of 160°F. Drain off any excess fat. Add mustard, ketchup, sugar, cider vinegar, and Worcestershire sauce. Continue to cook over medium heat, stirring occasionally, until the sauce has cooked down and thickened to coat the beef.

Meanwhile, toast the pretzel buns in the toaster or oven.

Place the beef mixture on the bottom bun, sprinkle with the red onions and then add top bun. Serve with pickle spears and potato chips.

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

Nutritional Information (Per serving):

Calories 920, Fat 43g, Sat. Fat 13g, Trans Fat 1.5g, Cholesterol 170mg, Sodium 1680mg, Total Carbohydrate 81g, Fiber 1g, Sugars 27g, Protein 54g

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.

Salmon and Jicama Wraps

Serves: 4

Prep Time: 15 min.

Cook Time: 10 min.

Total Time: 25 min.

Ingredients:

1 lb. Atlantic salmon fillet

1 large jicama, about 1 lb.

1 bunch Nature's Basket organic mint

1 bunch cilantro

2 limes

1 red onion

1 cucumber

1 Tbsp. sugar

¼ tsp. crushed red pepper

¼ tsp. kosher salt

1 bunch green onions

2 oz. ginger

2 tsp. canola oil

1 Tbsp. Giant Eagle soy sauce

Directions:

Preheat oven to 500°F. Slice salmon into ¼-inch thick slices. Peel jicama and thinly slice into rounds to use as wraps, using a sharp knife or mandolin. Pick the mint and cilantro leaves off the stems. Cut one lime into wedges and halve the other. Peel and thinly slice the red onions. Cut the cucumber in half lengthwise and slice into ¼-inch half circles. Toss the onions and cucumber with the juice of one lime, sugar, crushed red pepper, and salt.

Finely mince the green onions, peel the ginger, then grate the ginger into a small bowl. Combine the green onions and ginger with the canola oil and soy sauce. Toss the sliced salmon in this mixture. Lay the salmon onto a non-stick or foil-lined sheet pan and place in oven. Roast for 5-7 minutes, until lightly browned and the internal temperature reaches 145°F.

Serve the roasted salmon with the jicama wraps, cucumber-onion salad, lime wedges, and fresh herbs.

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

Dietitian Pick

Nutritional Information (Per serving):

Calories 430, Fat 17g, Sat. Fat 3g, Trans Fat 0g, Cholesterol 70mg, Sodium 470mg, Total Carbohydrate 42g, Fiber 18g, Sugars 12g, Protein 30g

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

Meatball Sandwich

Serves: 4

Prep Time: 10 min.

Cook Time: 25 min.

Total Time: 35 min.

Ingredients:

4 cloves garlic

1 pkg. Nature's Basket basil

1 Giant Eagle large egg

3 pieces Giant Eagle string cheese

1 Market District artisan baguette

1 lb. ground beef, 80% lean

½ cup Market District seasoned bread crumbs

½ tsp. Giant Eagle crushed red pepper

½ tsp. kosher salt

¼ tsp. ground black pepper

1 Tbsp. Market District extra virgin olive oil

1 jar Giant Eagle tomato basil sauce

½ stick unsalted butter

½ cup Frigo shaved Parmesan

Directions:

Preheat oven to 400°F. Peel and finely chop garlic. Pick basil leaves and julienne.

Crack egg and whisk. Cut string cheese into ½-inch pieces. Cut baguette in half lengthwise and then cut each half into 4 even pieces.

In a large bowl, combine ground beef, bread crumbs, chili flake, whisked egg, salt, and pepper. Using your hands, gently mix all the ingredients together until well combined. Divide meat mixture into ping-pong size portions. Flatten meat and place a cube of cheese in the center. Form meat around the cheese into a ball so that meat is totally covering the cheese.

In a large sauté pan, heat olive oil on high for one minute. Place the meatballs in the pan and sear on all sides, rotating every minute or so. Pour in the jar of tomato sauce and ½ cup of water. Lower heat to medium and simmer meatballs for 15 minutes, until the internal temperature of the meatballs reaches 160°F.

While the meatballs are cooking, melt butter in a small pan. Turn the heat off and stir in the chopped garlic. Spoon the garlic butter mixture onto the insides of the cut baguette and sprinkle with half of the parmesan. Place in the oven for 10 minutes.

Place 2 baguette pieces on each plate and spoon meatballs and sauce over the bread. Garnish with remaining Parmesan and basil.

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free

Nutritional Information (Per serving):

Calories 880, Fat 48g, Sat. Fat 21g, Trans Fat 1.5g, Cholesterol 215mg, Sodium 1970mg, Total Carbohydrate 58g, Fiber 2g, Sugars 12g, Protein 56g

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

Sweet & Spicy Steak with Potatoes

Serves: 4

Prep Time: 10 min.

Cook Time: 30 min.

Total Time: 40 min.

Ingredients:

1½ lbs. Market District flank steak

2 tsp. Market District Chinese five spice

5 tsp. Dynasty sesame seed oil, divided

2½ tsp. salt (plus a pinch)

1½ lbs. Giant Eagle Yukon gold potatoes

1 lb. Giant Eagle Life's Getting Fresher green beans

½ bunch green onion

½ bunch cilantro

2 oz. ginger

2 Tbsp. canola oil, divided

2 oz. Giant Eagle unsalted butter

1 cup Dynasty hoisin sauce

1 Tbsp. toasted sesame seeds

Directions:

Preheat oven to 450°F. Season steak with 5 spice powder, 1 teaspoon of sesame oil, and 2 teaspoons of salt. Cut potatoes in half. Clean green beans.

Toss potatoes with 1 tablespoon of sesame oil, place on non-stick sheet pan and roast in the oven until tender, about 25 minutes.

To make the scallion sauce, finely mince the green onions and cilantro, combine in a small bowl. Peel and grate ginger and add to bowl. Add ½ teaspoon of salt and 1 tablespoon of canola oil and stir to combine.

Meanwhile, heat a large sauté pan over high heat; once hot, add 2 teaspoons of canola oil and carefully add the seasoned steak. Reduce heat to medium-high and continue to cook, turning occasionally until cooked to desired doneness, about 15 minutes for medium*. Remove steak from pan and set aside.

Wipe the steak pan clean and add the butter, hoisin sauce, and sesame seeds. Return to a medium heat and melt the butter, stirring occasionally. Once butter has melted, add the roasted potatoes and toss to coat.

Heat 1 teaspoon canola oil in a large sauté pan over high heat; add the green beans and reduce to medium-high. Cook, stirring occasionally, until the green beans are blistered, browned in spots and starting to soften. Add a pinch of salt and 1 teaspoon sesame oil. Toss to coat and remove from the heat.

Slice the steak and serve with the potatoes, green beans, and scallion sauce.

*For food safety, cook until beef reaches internal temperature of 145°F.

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

Nutritional Information (Per serving):

*Calories **910**, Fat **42g**, Sat. Fat **15g**, Trans Fat **0g**, Cholesterol **165mg**, Sodium **2760mg**, Total Carbohydrate **78g**, Fiber **8g**, Sugars **24g**, Protein **57g***

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Pork Chops with Blueberry BBQ Sauce

Serves: 4

Prep Time: 10 min.

Cook Time: 35 min.

Total Time: 45 min.

Ingredients:

1 seedless cucumber

1 red onion

¼ cup cider vinegar

½ tsp. kosher salt, divided

½ tsp. ground black pepper, divided

2 Tbsp. sugar

1 box Krusteaz cornbread mix

1 Giant Eagle large egg

¾ cup milk

⅓ cup canola oil

2 cups Sweet Baby Ray's Barbecue sauce

1 cup Dole frozen blueberries

1 Tbsp. Market District extra virgin olive oil

4 Giant Eagle boneless pork chops

Directions:

Preheat oven to 400°F. Thinly slice cucumber into ⅛-inch slices. Peel and slice half of the red onion into ⅛-inch julienne. Combine cucumber, onion, cider vinegar, ¼ teaspoon each salt and pepper, and sugar. Mix well and let sit while you prepare the rest of the meal. Season pork chops with ¼ teaspoon each salt and pepper; set aside.

In a medium bowl, combine cornbread mix, egg, milk, and canola oil and whisk well. Once combined, pour into a cast iron skillet or baking dish coated with cooking spray. Place in preheated oven and bake according to chart on the back of the box.

In a small sauce pot, combine BBQ sauce and frozen blueberries; bring to a boil (should take 4-5 minutes) and lower to a simmer. Cook for another 10 minutes. Blueberries should start to break down in the sauce.

While the cornbread and BBQ sauce are cooking, heat olive oil in an ovenproof sauté pan on high for one minute. Add pork chops and sear 3 minutes on each side. Spoon ¼ cup of the BBQ sauce on each pork chop and place in oven for 12 minutes, until the internal temperature reaches a minimum of 145°F.

Once cornbread is cooked, cut into 6 large pieces. Serve pork chops with a piece of cornbread and a generous helping of the cucumber mix.

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

Nutritional Information (Per serving):

Calories 920, Fat 28g, Sat. Fat 4.5g, Trans Fat 0g, Cholesterol 105mg, Sodium 1950mg, Total Carbohydrate 138g, Fiber 2g, Sugars 88g, Protein 31g

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