

## **Moo Shu Chicken Wraps**

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

### **Ingredients:**

1½ lbs. Giant Eagle boneless skinless chicken breast

2 Tbsp. Giant Eagle soy sauce

1 oz. ginger

6 oz. shiitake mushrooms

1 bunch green onions, divided

2 tsp. canola oil

1 cup Giant Eagle premium matchstick carrots

2 cups Giant Eagle fresh angel hair slaw

6-oz. (½ bottle) Market District General Tso sauce

½ cup House of Tsang hoisin sauce

8 ea. Giant Eagle soft taco size flour tortillas

### **Directions:**

Cut the chicken breast in half lengthwise and then into thin strips. Toss the chicken with the soy sauce in a small bowl and set aside. Finely mince the ginger. Remove the stems from the mushrooms and slice. Slice the green onions.

Heat a large frying pan over high heat for 1 minute. Add canola oil and the chicken strips. Let sear without stirring for 2 minutes. Add the ginger and mushrooms and continue to cook, stirring occasionally until the chicken is cooked through\*, then add half the sliced green onions, matchstick carrots, shredded cabbage, and the General Tso's sauce. Stir to combine and remove from the heat.

Serve the stir-fried chicken with hoisin sauce, tortillas, and the remaining green onions and let your guests build their own wraps!

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

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

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

Calories **680**, Fat **15g**, Sat Fat **4.5g**, Trans Fat **0g**, Cholesterol **95mg**, Sodium **2030mg**, Total Carbohydrate **86g**, Fiber **3g**, Sugars **20g**, Protein **48g**

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.



## Chicken and Black Bean Tacos

Serves: 4

Prep Time: 10 min.

Cook Time: 45 min.

Total Time: 55 min.

### Ingredients:

1½ lbs. chicken breasts

0.87-oz. pkg. McCormick chipotle taco seasoning mix

15-oz. can Nature's Basket organic black beans

1 red onion

½ bunch cilantro

1 lime

4 oz. cotija cheese

15-oz. jar Giant Eagle mild thick and chunky salsa

13.5-oz. pkg. Ortega soft and hard tacos

### Directions:

Place the chicken breasts in a medium saucepan with 2 cup of water and the packet of taco seasoning. Cover and bring to a boil, then reduce heat and simmer for about 35 minutes or until the chicken is tender and cooked through\*. (Add more water as needed to keep the chicken covered.) Remove from heat and let cool until cool enough to handle. Shred the chicken and return to the pan with enough of the cooking liquid to coat the chicken.

While the chicken is cooking, warm the whole can of beans, including the liquid, in a small pan. Dice the red onion and pick the leaves from the cilantro. Cut the lime into wedges. Add cotija cheese and salsa to small bowls. Warm the soft tacos in the microwave for 15 seconds or in the oven. Serve everything in separate bowls so your guests can build tacos to their liking.

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

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

### Nutritional Information (Per serving):

Calories **1080**, Fat **28g**, Sat Fat **10g**, Trans Fat **0g**, Cholesterol **120mg**, Sodium **2850mg**, Total Carbohydrate **120g**, Fiber **3g**, Sugars **18g**, Protein **59g**

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.



## Moroccan Salmon

Serves: 4

Prep Time: 10 min.

Cook Time: 15 min.

Total Time: 25 min.

### Ingredients:

1 lb. zucchini

1 lb. yellow squash

10-oz. basket Market District cherry no. 9 Fall in Love Again tomatoes

0.75-oz. bunch Nature's Basket organic mint

4 5-oz. pieces Giant Eagle farm raised salmon

2 tsp. salt, divided

1 ½ tsp. ground black pepper, divided

1 Tbsp. Market District extra virgin olive oil

2 tsp. ground cumin

1 tsp. ground coriander

½ tsp. ground cinnamon

1 Tbsp. paprika

2 Tbsp. mayonnaise

1 lemon, juiced

1 cup Oikos plain Greek yogurt

### Directions:

Preheat oven to 500°F. Preheat grill. Cut the zucchini and yellow squash into 1-inch cubes. Cut the cherry tomatoes in half. Chop the mint. Season the salmon with ¼ teaspoon salt and a ¼ teaspoon black pepper for each piece.

Toss the cut squash with olive oil, cumin, coriander, cinnamon, paprika, 1 teaspoon salt, and ½ teaspoon ground black pepper. Place on a non-stick or foil lined sheet pan and place in preheated oven. Roast for 7 minutes. Remove from oven and set aside.

While the squash is baking, lightly brush the salmon with mayonnaise. Grill over medium-high heat for 6-8 minutes\*. Toss the roasted squash with the halved cherry tomatoes, chopped mint, and lemon juice.

Serve the salmon with the roasted squash salad and the Greek yogurt on the side.

\*For food safety, cook salmon to an internal temperature of 145°F.

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

### Nutritional Information (Per serving):

Calories **420**, Fat **22g**, Sat Fat **4.5g**, Trans Fat **0g**, Cholesterol **100mg**, Sodium **1310mg**, Total Carbohydrate **15g**, Fiber **5g**, Sugars **9g**, Protein **41g**

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.



## 5 Ingredient Spaghetti and Meatballs

Serves: 4

Prep Time: 5 min.

Cook Time: 25 min.

Total Time: 30 min.

### Ingredients:

1½ lbs. Giant Eagle ground beef chuck

2 Giant Eagle large eggs

2 5.2-oz. pkgs. Boursin garlic & fine herbs Gournay cheese

2 tsp. kosher salt, divided

½ tsp. ground black pepper

1 lb. spaghetti

24 oz. jar Market District tomato & basil pasta sauce

### Optional Toppings:

½ cup shaved Parmesan

1 bunch parsley, chopped

### Directions:

Preheat oven to 475°F. Combine ground beef with eggs, Boursin cheese, 1 teaspoon salt, and pepper. Form meat mixture into 12 equal-sized balls (about 3.5 oz. each). Place on a non-stick or foil-lined sheet pan and place in oven. Roast for 15 minutes until cooked through\*.

While the meatballs are cooking, bring a large pot of salted water to a boil and cook the pasta according to package directions. Drain the pasta and return to the pot with the tomato sauce and cooked meatballs. Cook over low heat for a few minutes, tossing to let flavors combine.

Serve with shaved Parmesan and chopped parsley if desired.

\*For food safety, cook ground beef to an internal temperature of 160°F.

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

### Nutritional Information (Per serving):

Calories **1300**, Fat **69g**, Sat Fat **33g**, Trans Fat **1.5g**, Cholesterol **285mg**, Sodium **2740mg**, Total Carbohydrate **103g**, Fiber **5g**, Sugars **14g**, Protein **62g**

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.



## **T-Bone Steak with Garlic butter**

Serves: 4

Prep Time: 20 min.

Cook Time: 1 hr.

Total Time: 1 hr. 20 min.

### **Ingredients:**

8 oz. Giant Eagle unsalted butter

½ bunch Nature's Basket organic thyme

½ bunch parsley

1 lb. Giant Eagle Yukon gold potatoes

1 lb. carrots

4 Giant Eagle T-bone steaks value pack

3 tsp. kosher salt, divided

1 ½ tsp. ground black pepper, divided

15 cloves garlic

2 Tbsp. Market District extra virgin olive oil, divided

¼ cup Frigo grated Parmesan

### **Directions:**

Preheat oven to 350°F. Leave butter at room temperature to soften. Chop the thyme and parsley. Cut the potatoes in quarters. Peel and cut the carrots into long sticks. Season the steaks with ½ teaspoon salt and ¼ teaspoon ground black pepper each. Toss the garlic cloves with 1 teaspoon of olive oil and place on a non-stick or foil-lined sheet pan and place in oven to roast until soft and golden brown, about 20 minutes. Let cool.

Increase the oven temperature to 450°F. Toss the potatoes and carrots with 2 teaspoons of olive oil, ½ teaspoon of salt, and ¼ teaspoon black pepper. Place on a non-stick or foil-lined sheet pan and place in oven. Roast until the vegetables are lightly browned and tender, about 25 minutes. In a small bowl, mash the roasted garlic cloves with a fork. Once they are a paste, stir in the softened butter, Parmesan, thyme, parsley, ½ teaspoon of salt, and ¼ teaspoon ground black pepper.

Heat a grill over medium-high heat. Use the remaining oil to lightly grease the grill and gently add the steaks. Reduce heat to medium high and continue to cook, turning occasionally until cooked to your liking, about 15 minutes for medium\*. Set steaks aside and let rest for 5 minutes.

Serve steaks with garlic butter and roasted vegetables.

\*For food safety, cook steaks to an internal temperature of 145°F.

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

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

Calories **1630**, Fat **125g**, Sat Fat **59g**, Trans Fat **6g**, Cholesterol **410mg**, Sodium **2140mg**, Total Carbohydrate **35g**, Fiber **6g**, Sugars **6g**, Protein **91g**