

Argentinian Steak Sandwiches

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Ingredients:

10-oz. Market District artisan baguette

1 avocado

1 head Boston lettuce

1 lb. Market District flank steak

1 tsp. kosher salt, divided

¼ tsp. ground black pepper

1 bunch fresh parsley, chopped finely

3 cloves garlic, minced

1 Roma tomato, diced

½ red onion, minced

1 tsp. Giant Eagle crushed red pepper

1 tsp. Giant Eagle dried oregano

2 Tbsp. Giant Eagle red wine vinegar

¼ cup Market District extra virgin olive oil

¼ cup Giant Eagle mayo

Preheat the grill. Cut baguette into 4 sections and split them down the middle. Cut the avocado in half, remove the pit, remove the flesh with a spoon, and cut into wedges. Wash and dry lettuce. Season the steak with ½ teaspoon salt and ground black pepper.

To make the sauce, combine the parsley, garlic, tomato, and onion, in a medium bowl along with the crushed red pepper, oregano, vinegar, ½ teaspoon salt, and olive oil. Stir and set aside.

Grill the flank steak over medium-high heat until done to your liking, about 10 minutes for medium-rare*. Allow steak to rest for 10 minutes.

Slice the steak and assemble the sandwiches: spread the split baguettes with mayonnaise, a layer of lettuce and avocado, a layer of sliced steak, and top with the sauce.

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

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

Nutritional Information (Per serving):

Calories **640**, Fat **40g**, Sat Fat **8g**, Trans Fat **0g**, Cholesterol **80mg**, Sodium **1040mg**, Total Carbohydrate **40g**, Fiber **6g**, Sugars **3g**, Protein **33g**

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 Club Pasta Salad

Serves: 4

Prep Time: 10 min.

Cook Time: 10 min.

Total Time: 20 min.

Ingredients:

1 ¼ tsp. kosher salt, divided

1 lb. Giant Eagle elbow macaroni

½ cup Hellmans mayonnaise

½ cup Kraft light zesty Italian dressing

¼ tsp. ground black pepper

2 2.6-oz. pkg. Starkist zesty lemon chicken

5 2-oz. slices Giant Eagle ham, julienned

10-oz. Market District cherry tomatoes, halved

¼ cup Oscar Mayer real bacon bits

8-oz. pkg. Giant Eagle shredded iceberg lettuce

Directions:

Bring a pot of water to boil with 1 teaspoon of salt. Once boiling, add elbow macaroni and cook for 9 minutes. Strain and rinse with cold water.

In a small bowl, mix together mayo, dressing, and ¼ teaspoon each of salt and pepper.

In a large bowl, add noodles, chicken, ham, tomatoes, bacon bits, and the dressing mixture. Toss until ingredients are evenly dispersed and everything is coated in the dressing.

Serve the pasta salad on a bed of shredded iceberg lettuce and enjoy! For optimal flavor, make pasta salad a few hours ahead and let sit in the fridge.

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

Nutritional Information (Per serving):

Calories **810**, Fat **30g**, Sat Fat **6g**, Trans Fat **0g**, Cholesterol **75mg**, Sodium **2300mg**, Total Carbohydrate **98g**, Fiber **1g**, Sugars **9g**, Protein **35g**

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.

Bruschetta Chicken

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Ingredients:

2-3 Heirloom tomatoes

1½ lbs. Nature's Basket thin-cut chicken breast

½ tsp. kosher salt, divided

½ tsp. ground black pepper, divided

½ cup Rana pesto

10-oz. Market District artisan baguette

2 cloves garlic, minced

0.75-oz. pkg. Nature's Basket basil, julienne

2 Tbsp. Market District balsamic vinegar

2 Tbsp. Market District extra virgin olive oil

Directions:

Preheat oven to 425°F. Remove core from tomatoes and cut into a ¼-inch dice. Season chicken with ¼ teaspoon each of salt and pepper and brush with the pesto. Cut baguette on the bias creating long slices.

Place the chicken breast pieces on a foil lined sheet tray and in the oven. Cook for 12-14 minutes or until cooked through*.

While the chicken is cooking, mix the tomatoes, garlic, basil, balsamic vinegar, olive oil, and ¼ teaspoon each of salt and pepper. Toss well until combined.

Before you are ready to serve, arrange the baguette slices on a sheet tray, place in the oven, and toast for 2-3 minutes or until warmed through. Cut chicken pieces in half. Build baguettes by layering on the chicken and topping with a large spoonful of the tomato mixture. Eat with your hands or with a knife and fork.

*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 **570**, Fat **24g**, Sat Fat **4.5g**, Trans Fat **0g**, Cholesterol **95mg**, Sodium **910mg**, Total Carbohydrate **44g**, Fiber **4g**, Sugars **9g**, Protein **44g**

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Miso Shrimp

Serves: 4

Prep Time: 10 min.

Cook Time: 10 min.

Total Time: 20 min.

Ingredients:

1 bunch green onions, divided
1 oz. Giant Eagle unsalted butter
1½ lbs. Nature's Basket extra-large peeled & deveined raw shrimp
¼ cup Aka Miso red soybean paste
¼ cup Giant Eagle soy sauce
2 Tbsp. Giant Eagle granulated sugar
1 oz. fresh ginger, minced
2 cloves garlic, minced
1 Tbsp. toasted sesame seeds
12-oz. bag Seapoint Farms shelled edamame
2 8.8-oz. Giant Eagle Original 90 second rice
1 lime, cut into wedges

Directions:

Preheat oven to 475°F. Thinly slice green onions. Cut butter into small pieces. Thaw shrimp, drain and pat dry.

In a large bowl, combine the miso paste, soy sauce, sugar, ginger, garlic, and half the green onions. Whisk to combine. Add the shrimp and toss to coat.

Transfer shrimp and sauce to a sheet pan and spread into an even layer. Roast for 5 minutes, then add edamame, sesame seeds, and the diced butter. Toss to combine and return to oven for another 3 minutes*.

While the shrimp are cooking, heat the rice according to package directions. Serve the shrimp with the rice, lime wedges, and garnish with the remaining green onions.

*For food safety, cook shrimp until pink and opaque.

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

Nutritional Information (Per serving):

Calories **630**, Fat **17g**, Sat Fat **4.5g**, Trans Fat **0g**, Cholesterol **290mg**, Sodium **2880mg**, Total Carbohydrate **70g**, Fiber **6g**, Sugars **10g**, Protein **47g**

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Baked Pork Chops

Serves: 4

Prep Time: 10 min.

Cook Time: 1 hr. 10 min.

Total Time: 1 hr. 20 min.

Ingredients:

4 Russet potatoes

1 lb. broccoli

4-oz. Giant Eagle unsalted butter

4 Giant Eagle boneless center-cut chops pork loin

1¼ tsp. kosher salt, divided

1 tsp. ground black pepper, divided

½ cup Giant Eagle all-purpose flour

2 Giant Eagle large eggs

1½ cups Market District Japanese-style panko plain bread crumbs

Giant Eagle olive oil cooking spray

2 tsp. Market District extra virgin olive oil

4 oz. Giant Eagle shredded mild Cheddar cheese

Directions:

Preheat oven to 400°F. Prick potatoes with a fork and wrap individually in foil. Cut broccoli into large florets. Cut the butter into 4 pats. Season the pork chops with ¼ teaspoon salt and black pepper for each chop.

Place the potatoes on a sheet pan and place in the oven for 45 minutes.

Place the flour, eggs, and bread crumbs in separate shallow dishes or bowls. Whisk the eggs with 2 tablespoons of water. Dredge the pork chops in the flour; shake off excess. Dip the chops in the beaten egg and then in the bread crumbs, patting the crumbs onto the chop. Place the pork on a rack on a baking sheet. Spray each chop liberally with olive oil spray.

After the potatoes have cooked for 45 minutes, place the pork in the oven with the potatoes and cook another 15 minutes. The pork should be cooked through and golden brown*. Remove the potatoes and pork from the oven and let sit 5-10 minutes before serving.

While the pork and potatoes are cooking, place the broccoli in a saucepan with ½ cup water, ¼ teaspoon salt, and the olive oil. Cover the pan and place over high heat and let steam for about 6 minutes or until the broccoli is done to your liking. Drain away any extra water.

Split open the potatoes with a fork and top with Cheddar cheese and butter pats. Serve the pork with baked potatoes and broccoli.

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

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free

Nutritional Information (Per serving):

Calories **960**, Fat **48g**, Sat Fat **24g**, Trans Fat **1.5g**, Cholesterol **295mg**, Sodium **1120mg**, Total Carbohydrate **75g**, Fiber **7g**, Sugars **5g**, Protein **58g**

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