

Balsamic Glazed Chicken Breast

Serves: 4

Prep Time: 10 min.

Cook Time: 25 min.

Total Time: 35 min.

Ingredients:

2 heads radicchio

1 bunch fresh parsley

3 cloves garlic

4 Giant Eagle boneless, skinless chicken breasts

2 tsp. kosher salt, divided

1¼ tsp. ground black pepper, divided

1 cup walnuts

½ cup Market District balsamic vinegar of Modena, divided

½ cup Giant Eagle grated Parmesan & Romano cheese, divided

½ cup + 2 tsp. Market District extra virgin olive oil, divided

¼ cup Giant Eagle clover honey

2 Tbsp. Giant Eagle unsalted butter

Directions:

Preheat oven to 350°F. Separate the leaves from the heads of radicchio and separate the leaves from the parsley stems and soak in cold water for at least 10 minutes. Drain well and pat dry. Chop garlic. Season the chicken breasts with ¼ teaspoon salt and a ¼ teaspoon of black pepper each.

Place the walnuts on a sheet pan and toast in the oven for 10 minutes, let cool.

To make the dressing, finely chop half of the walnuts and place in a bowl with the chopped garlic, ¼ cup of the balsamic vinegar, 2 tablespoons of grated cheese, 1 teaspoon of salt, and ¼ teaspoon of black pepper. Whisk in ½ cup of olive oil.

Heat 2 teaspoons of olive oil in a large frying pan over medium-high heat. Once hot, add the chicken breasts and let sear on one side until golden brown, about 3-4 minutes. Turn and cook another 3-4 minutes on the second side. Add ¼ cup balsamic vinegar, honey, and butter. Let cook until the glaze thickens, turning the chicken occasionally to coat*.

While the chicken is cooking, place the radicchio, parsley leaves, and about half of the dressing in large bowl and toss. Taste and add more dressing if needed.

Divide the salad among 4 plates. Top with the remaining parmesan and walnuts. Place the glazed chicken on the plate next to the salad.

*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 **610**, Fat **40g**, Sat Fat **10g**, Trans Fat **0g**, Cholesterol **95mg**, Sodium **970mg**, Total Carbohydrate **31g**, Fiber **3g**, Sugars **23g**, 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.

Szechuan Twice Cooked Pork

Serves: 4

Prep Time: 20 min.

Cook Time: 2 hrs., 15 min.

Total Time: 2 hrs., 35 min. + overnight cooling

Ingredients:

2 lbs. Giant Eagle pork shoulder Boston butt roast

1 red bell pepper

1 leek

2 oz. fresh ginger

½ bunch cilantro

2 Tbsp. Kikkoman black bean sauce with garlic

¼ cup Giant Eagle reduced sodium soy sauce

2 Tbsp. Sambal Oelek ground fresh chili paste

2 tsp. granulated sugar

2 Tbsp. Nakano rice vinegar - natural

2 tsp. vegetable oil

2 (8.8 oz.) pkg. Tasty Bite rice - jasmine

Directions:

Preheat oven to 375°F. Place pork roast on a rack in a roasting pan and roast about 2 hours*. Let cool to room temperature then refrigerate overnight.

The next day, cut the pork into 2-inch wide by 2-inch thick strips, then slice thinly. Core and cut the bell pepper into 1-inch cubes. Trim the green tops from the leek, split in half lengthwise, and then rinse out dirt. Split again lengthwise then cut across into 1-inch squares. Mince the ginger. Separate the cilantro leaves from the stems.

In a small bowl, combine the black bean sauce, soy sauce, chili paste, sugar, and vinegar; stir to dissolve the sugar.

Heat a large frying pan or wok over high heat. Once hot, add vegetable oil and the sliced pork. Cook the pork, stirring occasionally, until brown and crispy around the edges, about 5 minutes. It may be best to do this in batches. Remove the pork slices from the pan and add the red peppers, leeks, and ginger. Cook over high heat, stirring occasionally, until the vegetables start to brown and wilt, about 3 minutes. Add the pork back to the pan along with the sauce. Toss over high heat to coat and reduce the sauce, about 1 minute.

Heat rice according to package directions and serve with the pork and cilantro leaves.

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

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

Nutritional Information (Per serving):

Calories **680**, Fat **31g**, Sat Fat **10g**, Trans Fat **0g**, Cholesterol **140mg**, Sodium **1020mg**, Total Carbohydrate **56g**, Fiber **2g**, Sugars **6g**, Protein **42g**

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Beef Enchiladas

Serves: 4

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

1¼ lbs. Nature's Basket 90% lean ground beef

0.87 oz. pkg. McCormick chipotle taco seasoning mix

16 oz. can Old el Paso traditional refried beans

12 oz. jar Market District mild enchilada sauce

12 Giant Eagle family size soft taco size flour tortillas

2 cups Giant Eagle shredded Mexican 4 cheese blend

½ bunch cilantro, chopped

Directions:

Heat oven to 375°F. Spray 12x8-inch (3-quart) baking dish or pan with cooking spray. In 10-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until cooked through*; drain. Stir in taco seasoning and refried beans.

Spread 1/2 cup of the enchilada sauce evenly in baking dish. Spread ¼ cup beef mixture down the center of each tortilla; sprinkle with 1 tablespoon of cheese. Wrap tortillas tightly around the filling, then place seam side down in baking dish. Top with remaining enchilada sauce. Sprinkle with remaining cheese.

Bake 20 to 25 minutes or until hot and bubbly. Let stand 5 minutes before serving. Garnish with cilantro.

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

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

Nutritional Information (Per serving):

Calories **1070**, Fat **43g**, Sat Fat **22g**, Trans Fat **0g**, Cholesterol **135mg**, Sodium **3290mg**, Total Carbohydrate **105g**, Fiber **2g**, Sugars **5g**, Protein **58g**

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Rigatoni with Turkey Sausage

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Ingredients:

1 tsp. Market District fennel seed

1 lb. Nature's Basket ground turkey

½ tsp. Giant Eagle crushed red pepper

½ tsp. Giant Eagle dried oregano

½ tsp. ground black pepper

½ tsp. kosher salt

2 tsp. Market District extra virgin olive oil

24 oz. jar Market District marinara pasta sauce

1 lb. Giant Eagle rigatoni

10 oz. pkg. Cut 'n Clean Greens kale greens

¼ cup Giant Eagle shredded Parmesan

Directions:

Bring a large pot of salted water to a boil. Crush fennel seeds with the side of a heavy knife or bottom of a pan. Combine ground turkey with the crushed fennel seed, crushed red pepper, oregano, black pepper, and salt.

Heat olive oil in a large pot. Once hot, add the turkey mixture and cook, stirring to break it up until fully cooked, about 8 minutes*. Add marinara sauce, reduce heat to low and simmer for 10 minutes.

While the sauce is simmering, cook the pasta according to package directions, adding the kale to the boiling water with the pasta for the last minute. Drain the kale and pasta.

Add the cooked pasta and kale to the sauce and stir to combine. Simmer another 2 minutes to let flavors combine. Serve topped with the shredded Parmesan.

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

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

Nutritional Information (Per serving):

Calories **780**, Fat **19g**, Sat Fat **6g**, Trans Fat **0g**, Cholesterol **50mg**, Sodium **1540mg**, Total Carbohydrate **102g**, Fiber **8g**, Sugars **12g**, Protein **51g**

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Steak with Charred Tomato Chimichurri

Serves: 4

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

2 lb. Market District flank steak

2 tsp. Market District extra virgin olive oil

1 tsp. kosher salt

½ tsp. black pepper

Chimichurri Sauce:

3 cloves garlic

1 shallot

1 bunch parsley

1 bunch cilantro

1 tsp. kosher salt

½ tsp. Giant Eagle crushed red pepper

1 tsp. Giant Eagle dried oregano

¼ cup Giant Eagle red wine vinegar

6 Tbsp. Market District extra virgin olive oil

1½ cups Giant Eagle Life's Getting Fresher grape tomatoes

Directions:

Preheat grill. Rub the steak with 2 teaspoons olive oil and season with 1 teaspoon salt and ½ teaspoon pepper. Set aside for 10 minutes.

Finely chop the garlic, shallot, parsley, and cilantro. Place in a medium bowl and add 1 teaspoon salt, crushed red pepper, oregano, vinegar, and 6 tablespoons olive oil.

Heat a heavy frying pan over high heat for 2 minutes. Once very hot, add the cherry tomatoes and let char and blister in spots, turning occasionally until they burst. Stir the tomatoes into the chimichurri sauce.

Grill the steak to your liking, about 12-15 minutes for medium*. Remove from grill and let rest for at least 5 minutes before slicing and serving with the charred tomato chimichurri.

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

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

Nutritional Information (Per serving):

Calories **580**, Fat **39g**, Sat Fat **10g**, Trans Fat **0g**, Cholesterol **135mg**, Sodium **1070mg**, Total Carbohydrate **7g**, Fiber **2g**, Sugars **3g**, Protein **48g**

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