

*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.*

## **Pork Chops with Honey Mustard**

Serves: 4

Prep Time: 10 min.

Cook Time: 30 min.

Total Time: 40 min.

### **Ingredients:**

2 lbs. Yukon potatoes

½ bunch parsley

2 green onions

4 (8-oz.) Giant Eagle bone-in pork chops

½ tsp. kosher salt

½ tsp. ground black pepper

1 Tbsp. vegetable oil

¼ cup Ken's steak house honey mustard dressing

1 cup Horizon organic heavy cream

½ stick Giant Eagle salted butter

½ cup Oscar Mayer real bacon bits

### **Directions:**

Cut potatoes in half and cover with cold water. Put on stove and cook for 25 minutes or until tender. Roughly chop parsley and thinly slice green onions. Pat pork chops dry and season with salt and pepper.

Heat vegetable oil in a large frying pan on high. Once pan is heated, add pork chops. Cook for 4-5 minutes on each side and remove from the pan. Add ¼ cup of water to the pan and stir in the dressing. Bring to a simmer and return pork chops to the pan glazing them in the honey mustard\*.

Once potatoes are tender, strain and mash potatoes. Add cream and butter and stir until well mixed. Fold in the bacon bits and set aside.

Serve pork chops on top of mashed potatoes and garnish with chopped parsley and green onions.

\*For food safety, cook pork to an internal temperature of 145°F, resting for 3 min.

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

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

Calories **970**, Fat **64g**, Sat Fat **30g**, Trans Fat **1.5g**, Cholesterol **225mg**, Sodium **820mg**, Total Carbohydrate **48g**, Fiber **4g**, Sugars **7g**, Protein **50g**

## Hasselback Fajita Chicken

Serves: 4

Prep Time: 20 min.

Cook Time: 30 min.

Total Time: 50 min.

### Ingredients:

½ red onion

1 red bell pepper

1 bunch cilantro

1 lime

2 avocados

1½ lbs. Nature's Basket boneless skinless chicken breasts

2 Tbsp. Market District extra virgin olive oil, divided

½ tsp. Kosher salt, divided

½ tsp. ground black pepper, divided

1 cup Nature's Basket organic long grain white rice

2 cups Giant Eagle chicken broth

### Directions:

Preheat oven to 400°F. Peel and finely dice half of the red onion. Finely dice the red pepper the same size. Finely chop the cilantro, juice the lime, and dice the avocado. Pat chicken dry with a paper towel. Place each breast between two chopsticks and use a knife to cut ¾ of the way down the chicken. Cut four slits in each chicken breast.

Heat 1 tablespoon of olive oil in a sauté pan on medium. Once pan is heated, add peppers and onion and cook for 4-5 minutes or until tender. Season with a ¼ teaspoon of salt and pepper. Add about a teaspoon of the pepper-onion mixture between each slit of the chicken and place chicken on a sheet tray. Use all the peppers and onions. Drizzle with 1 tablespoon of olive oil and cook in oven for 20-22 minutes or until cooked through\*.

While the chicken bakes, make the rice. In a sauce pot, combine the rice and chicken broth. Bring to a boil and lower to a simmer. Cover with a lid and cook for 20 minutes. Once rice is cooked, stir in half of the chopped cilantro.

In a bowl, combine the remaining cilantro, lime juice, avocado, ¼ teaspoon of salt and pepper and mash together with a fork. Serve chicken on top of rice with a huge scoop of the avocado mix.

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

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

**Nutritional Information (Per serving):** Calories **610**, Fat **26g**, Sat Fat **4.5g**, Trans Fat **0g**, Cholesterol **95mg**, Sodium **770mg**, Total Carbohydrate **54g**, Fiber **8g**, Sugars **3g**, Protein **41g**

## Salmon with Pepper Stew

Serves: 4

Prep Time: 10 min.

Cook Time: 35 min.

Total Time: 45 min.

### Ingredients:

1 yellow onion

1 yellow bell pepper

1 red bell pepper

12 cloves garlic

1½ lbs. Market District Honey Gold potatoes

½ tsp. kosher salt, divided

2 Tbsp. Market District extra virgin olive oil, divided

28-oz. can Giant Eagle petite diced tomatoes

4 (4-oz.) filets Giant Eagle farm raised salmon

1/8 tsp. ground black pepper

1 cup Nature's Basket organic arugula

### Directions:

Preheat oven to 400°F. Peel and thinly slice onions. Core and thinly slice bell peppers; peel and thinly slice garlic.

Place potatoes on a sheet pan in the oven and roast until tender, about 25 minutes. Let cool a little and use the bottom of a wide glass or another sheet pan to slightly flatten the potatoes so they stay in one piece but are crushed flat. Season with a pinch of salt.

While the potatoes are cooking, heat 1 tablespoon olive oil in a medium saucepan over medium heat. Once hot, add onions and sauté, stirring occasionally until tender, about 2 minutes. Add the garlic and peppers and cook, stirring occasionally until softened, about 3 minutes. Add the diced tomatoes and ¼ teaspoon of salt. Bring to a boil, reduce heat to low and cook, stirring occasionally until saucy, about 15 minutes.

Heat 1 tablespoon of olive oil in a large frying pan on high. Season salmon with a pinch of salt and pepper and add to the hot pan. Place the flattened potatoes around and in between the salmon. Cook the salmon and potatoes for about 4 minutes then turn over and cook another 4 minutes until salmon is cooked through\*.

Divide potatoes between 4 plates, spoon the pepper stew over the potatoes and top with the salmon. Garnish with arugula.

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

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

**Dietitian Pick, Diabetes Appropriate**

### Nutritional Information (Per serving):

Calories **420**, Fat **13g**, Sat Fat **2g**, Trans Fat **0g**, Cholesterol **55mg**, Sodium **640mg**, Total Carbohydrate **47g**, Fiber **6g**, Sugars **10g**, Protein **30g**

## Shrimp and Creamy Tomato Pasta

Serves: 6

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

### Ingredients:

2 cloves garlic

½ bunch parsley

½ cup Divina organic pitted green olives

1 lb. Nature's Basket extra-large peeled and deveined shrimp, defrosted

2 Tbsp Market District extra virgin olive oil, divided

1 tsp. Market District crushed red pepper flakes

1 tsp. Market District smoked paprika

1/8 tsp. kosher salt

1/8 tsp. ground black pepper

16-oz. box Giant Eagle fettuccine

28-oz. can Dei Fratelli crushed tomatoes

16-oz. jar Ragu cheesy classic alfredo

1 cup Nature's Basket arugula

### Directions:

Preheat oven to 425°F. Bring a large pot of salted water to a boil. Peel and roughly chop the garlic and parsley. Halve the green olives. Pat dry shrimp and toss with 1 tablespoon of olive oil, ½ of the chopped parsley, crushed red pepper, smoked paprika, and a pinch of salt and pepper.

Spread shrimp in a single layer on a sheet tray and place in preheated oven. Cook for 12-14 minutes\*. While the shrimp is cooking, add the pasta to the boiling water and cook for 10 minutes and then strain.

While the pasta is cooking, heat 1 tablespoon of olive oil in pan on medium. Once pan is heated, add garlic and crushed tomatoes. Cook for 3-4 minutes and then stir in the alfredo sauce. Add the pasta and toss until fully coated. Top the pasta with the roasted shrimp, olives, and arugula.

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

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

### Nutritional Information (Per serving):

Calories **580**, Fat **20g**, Sat Fat **4.5g**, Trans Fat **0g**, Cholesterol **110mg**, Sodium **1290mg**, Total Carbohydrate **74g**, Fiber **6g**, Sugars **11g**, Protein **26g**

## **Beef and Portobello Ragu with Polenta**

Serves: 4

Prep Time: 20 min.

Cook Time: 40 min.

Total Time: 1 hr.

### **Ingredients:**

2-3 carrots

1 yellow onion

2-3 ribs celery

6-8 cloves garlic

0.75-oz. pkg. Nature's Basket organic thyme

1 lb. Giant Eagle Life's Getting Fresher portabella cap mushrooms

½ cup fresh parsley

1 Tbsp. Market District extra virgin olive oil

1 lb. Nature's Basket 90% lean ground beef

28-oz. can Giant Eagle crushed tomatoes

5/8 tsp. Kosher salt, divided

½ tsp. freshly ground black pepper, divided

1½ cups Bob's Red Mill polenta

1 cup Frigo shredded Parmesan, divided

### **Directions:**

Peel and small dice the carrots, onion, and celery. Chop the garlic and thyme. Cut the portobello mushrooms into ½-inch dice. Roughly chop the parsley.

Heat a large pot over medium-high heat. Once hot, add olive oil and ground beef. Cook, stirring occasionally, until cooked through\*, about 3 minutes. Add the diced onions and cook another 2 minutes. Add celery, carrots, chopped garlic, mushrooms, and thyme. Cook, stirring occasionally, until the mushrooms have softened, about 2 minutes. Add the crushed tomatoes, bring to a boil then reduce the heat to low and simmer slowly for about 30 minutes. Adjust the seasoning with a pinch of salt and pepper.

While the ragu is cooking, bring 6 cups of water to a boil. Whisk in the polenta and ½ teaspoon of kosher salt. Return to a boil, whisking. Reduce the heat to low and cook, stirring occasionally for about 30 minutes. Add more water if necessary, to maintain a thick but flowing consistency. Stir in ½ cup shredded Parmesan.

Serve the ragu with the polenta and garnish with remaining shredded Parmesan, chopped parsley, and remaining fresh ground black pepper.

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

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

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

Calories **640**, Fat **21g**, Sat Fat **8g**, Trans Fat **0g**, Cholesterol **90mg**, Sodium **1100mg**, Total Carbohydrate **68g**, Fiber **12g**, Sugars **12g**, Protein **42g**