

## **Salmon with Soba Noodles**

Serves: 4

Prep Time: 10 min.

Cook Time: 30 min.

Total Time: 40 min.

Cuisine Type: **Asian**

### **Description:**

Salmon with a twist. A touch of lemon and lime bring out the best in this Asian recipe for salmon with soba noodles complete with Brussels sprouts.

### **Ingredients:**

1 lemon

1 lime

6 oz. Brussels sprouts

4 x 5-oz. filets Giant Eagle farmed salmon

$\frac{3}{4}$  tsp. salt

$\frac{3}{4}$  tsp. pepper

9.5 oz Wel-Pac Japanese soba noodles

1 tsp. Market District extra virgin olive oil

2 Tbsp. Kikkoman low sodium soy sauce

2 Tbsp. Giant Eagle granulated sugar

1 Tbsp. McCormick's toasted sesame seeds

### **Directions:**

Bring a large pot of water to a boil. Zest and juice the lemon and lime. Remove the cores of the Brussels sprouts releasing the leaves into petals. Pat the salmon dry and season with a pinch of salt and pepper.

Add the salmon to a shallow pan. Fill with water halfway up the sides of the salmon. Cover with a lid and on medium/low heat and cook the salmon without letting the water boil rapidly, approximately 12 minutes once water is hot. For food safety, cook fish to an internal temperature of 145°F.

Add the noodles to the pot of boiling water and cook for 5 minutes. In the last minute of cooking, add the Brussel sprout leaves. Strain and rinse with cool water. Toss with olive oil, coating all the noodles.

Whisk the soy sauce, sugar, lime and lemon juice and zest until sugar dissolves. Toss the noodles with half of the sauce.

Divide the noodles between the four bowls. Top with salmon, the remaining sauce and sesame seeds.

## **Roasted Sage and Maple Half Chicken**

Serves: 4

Prep Time: 15 min.

Cook Time: 45 min.

Total Time: 1 hr.

Cuisine Type: **American**

### **Description**

The flavors of fall all come together in this recipe for a roasted sage and maple half chicken. Served with roasted apples and squash, it satisfies the autumn appetite!

### **Ingredients:**

2 acorn squash

2 honey crisp apples

2 Giant Eagle fresh, young, whole chicken

3 tsp. kosher salt, divided

1 tsp. ground pepper

¼ cup Market District pure maple

1 bunch Nature's Basket sage

4 Tbsp. Giant Eagle unsalted Butter

¼ cup Bragg's apple cider vinegar

1 Tbsp. + 1 tsp. Market District extra virgin olive oil

### **Directions:**

Preheat oven to 475°F.

Cut the acorn squash in half, scoop out and discard the seeds, then cut each half into 3-4 wedges. Cut the apples into quarters and trim out the core and seeds.

Place the chicken breast-side down on a cutting board. Using a pair of heavy-duty kitchen shears, cut down both sides of the backbone to remove it. Flip the chicken so that the breast side is up; press down to flatten. Then cut in half through the breastbone. Season with ½ teaspoon salt and ¼ teaspoon ground black pepper per half chicken.

Combine the maple syrup, sage leaves, butter and apple cider vinegar in a small pot. Place over high heat and bring to a boil.

Toss the apples and squash with 1 teaspoon kosher salt and 1 teaspoon olive oil. Place the squash and apples on a foil-lined sheet pan and place in oven to roast. Roast for about 15 minutes until just tender. Drizzle with some of the maple mixture and roast another 5 minutes.

Heat a large nonstick skillet (preferably cast iron) over medium heat, once hot, add 1 tablespoon olive oil. Lay the chicken halves, skin-side down, in the skillet. Wrap a

slightly smaller skillet with foil and place on top of the chicken. Set a large brick or 2 to 3 heavy cans in the skillet to weigh it down.

Cook the chicken 3 to 5 minutes, then remove the top skillet and check the skin; adjust the heat and rotate the pan as needed so the skin browns evenly. Replace the top skillet and continue to cook until the skin is golden, crisp, and the chicken is cooked about three-quarters of the way through, 20 to 25 more minutes. Remove the top skillet and carefully flip the chicken. Cook, uncovered, until the chicken is cooked through, 8 to 10 more minutes. For food safety, cook chicken until it reaches an internal temperature of 165°F.

Remove the chicken from the pan and set aside. Pour off any excess fat from the pan. Add the remaining maple syrup mixture to the pan. Bring to a boil and cook until thickened. Return the chicken to the pan and turn to coat in the glaze.

Serve the chicken with the roasted squash and apples.

## **Roast beef with Tomato-Feta Salad**

Serves: 4

Prep Time: 10 min.

Cook Time: 2 hrs.

Total Time: 2 hrs., 10 min.

Cuisine Type: **American**

### **Description**

Tender, juicy roast beef is always a family favorite, but when served with this tomato-feta salad it takes the roast to a whole new realm!

### **Ingredients:**

4 cloves garlic

¼ cup Market District extra virgin olive oil, divided

2 ¼ tsp. kosher salt, divided

1 ¼ tsp. ground black pepper, divided

2 tsp. dried oregano

2 ½ lb. Market District shoulder roast, certified angus beef

4 heirloom tomatoes

6oz. Athenos Feta cheese traditional chunk

2 Tbsp. DeLallo red wine vinegar

1 bunch basil

### **Directions:**

Preheat oven to 450°F.

Chop garlic. In a small bowl, combine 2 teaspoons of olive oil, the chopped garlic, oregano, 2 teaspoons of kosher salt and 1 teaspoon ground black pepper. Rub all over beef roast.

Place roast in roasting pan fitted with a roasting rack. Roast for 15 minutes, then reduce heat to 325° and continue cooking. For food safety, cook roast until it reaches an internal temperature of 145°F, approximately 1 hour & 45 minutes to 2 hours.

Remove the beef from the oven and let rest 15 to 30 minutes before serving.

Meanwhile, slice the tomatoes and layer on a serving platter. Remove the Feta from packaging and slice into large chunks, layer on top of tomatoes. Sprinkle with the red wine vinegar, olive oil, remaining kosher salt and black pepper. Tear the fresh basil leaves and scatter over the salad.

## **Pork Al Pastor Burgers**

Serves: 4

Prep Time: 30 min.

Cook Time: 20 min.

Total Time: 50 min.

Cuisine Type: **Mexican**

### **Description**

Preparing marinated pork on vertical spits was done by Mexican shepherds and eventually called “al pastor,” which means “shepherd style.” This version makes Pork Al Pastor Burgers.

### **Ingredients:**

½ pineapple

1 red onion

4 cloves garlic

½ bunch cilantro

¼ cup DeLallo red wine vinegar

2 ¼ tsp. kosher salt, divided

2 Tbsp. Giant Eagle chili powder

2 tsp. Market District ground cumin

2 tsp. dried oregano

1 Tbsp. McCormick’s smoked paprika

½ tsp. ground black pepper

1 ½ lb. Giant Eagle ground pork

½ cup Giant Eagle mayo

4 St. Pierre brioche burger bun

### **Directions:**

Peel and cut pineapple into ½-inch thick rings. Peel and thin slice the red onion. Chop the garlic. Pick the cilantro leaves.

Combine the red wine vinegar with ¼ cup water and ¼ teaspoon of salt in a small saucepan. Place over high heat and bring to a boil. Pour over the sliced red onions. Let cook, stirring occasionally until room temperature and softened, about 30 minutes.

In a small bowl, combine the garlic with the chili powder, cumin, dried oregano, smoked paprika, 2 teaspoons of salt and the black pepper.

Combine the pork with about 1/3 of the garlic and spice mixture. Divide into 4 equal portions and shape into patties. Combine the mayo with another 1/3 of the garlic and spice mixture. Rub the pineapple slices with the remaining spice mixture.

Heat a grill or grill pan.

Grilled the pork burgers until cooked through and reach an internal temperature of at least 165°F, about 15 minutes.

Then, grill the pineapple until nicely browned, about 5 minutes. Grill or toast the buns.

Assemble the burgers by spreading the buns with the mayo mixture then the burgers, grilled pineapple, cilantro leaves and pickled onions. Finally top with the top bun.

## **Grilled Vegetable Skewers**

Serves: 4

Prep Time: 20 min.

Cook Time: 30 min.

Total Time: 50 min.

Cuisine Type: **American**

### **Description**

These amazingly flavored grilled vegetable skewers are not just delicious, but beautiful. Presented on a bed of quinoa brightened with carrots, the presentation is lovely!

### **Ingredients:**

2 zucchinis

8 oz Giant Eagle whole white mushrooms

1 red onion

1 bunch cilantro

1 Tbsp. Simply Organic cumin

1 Tbsp. Market District extra virgin olive oil

$\frac{3}{4}$  tsp. salt, divided

$\frac{3}{4}$  tsp. pepper, divided

10 oz. Market District true rebel mix cherry tomatoes

2 cups Nature's Basket white quinoa

1 cup Giant Eagle matchstick carrots

1 Tbsp. DeLallo red wine vinegar

### **Directions:**

Soak Bamboo skewers in warm water for 10-30 minutes (overnight if possible). Cut zucchini into 1-inch circles. Remove the stems from the mushrooms. Finely dice  $\frac{1}{4}$  of the red onion and cut the remaining onion into 1-inch dice. Finely chop the cilantro. Combine half of the cumin with 1 tablespoon olive oil and  $\frac{1}{4}$  teaspoon salt, and pepper.

Heat Grill pan on medium heat. Skewer the veggies alternating between all the veggies, getting two of each type on the skewer. Drizzle with the cumin mixture. Add the skewers to the grill pan and cook for 3-4 minutes on each side.

Combine the quinoa with 4 cups of water and a pinch of salt. Bring to a boil and lower to a simmer. Cook until water is absorbed, about 15 minutes. Stir in carrots and fluff with a fork.

Combine the chopped cilantro with the diced onions, remaining cumin, red wine vinegar, 1 tablespoon olive oil, and a pinch of salt and pepper.

Serve the skewers with on top of the quinoa, drizzled with the sauce and enjoy!