

Orecchiette with Broccoli and Almonds

Serves: 4

Prep Time: 10 min.

Cook Time: 15 min.

Total Time: 25 min.

Ingredients:

½ cup Blue Diamond almonds, low sodium, lightly salted

12-oz. Giant Eagle Life's Getting Fresher broccoli

6 cloves garlic

1 lb. Market District No. 92 semolina orecchiette

2 Tbsp. Market District extra virgin olive oil

½ tsp. Giant Eagle chili flakes

¾ tsp. kosher salt

8-oz. Giant Eagle whole milk ricotta cheese

1-oz. Frigo shaved Parmesan

Bring a large pot of salted water to a boil. Roughly chop almonds, trim the bottom of the broccoli, and cut into 1½-inch lengths. Peel and thinly slice garlic cloves.

Add pasta to the water and cook according to the package directions. Add broccoli for the last 2 minutes of cooking time. Drain the pasta and broccoli.

When the pasta has two minutes left to cook, heat a large frying pan over medium heat. Once hot, add the olive oil and the sliced garlic. Cook, stirring often, until softened and just starting to brown, about 1 minute. Add the crushed chili flakes, pasta, and broccoli. Add salt and toss well to combine.

Divide between 4 bowls. Top with the ricotta, almonds, and Parmesan.

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

Vegetarian

Nutritional Information (Per serving):

Calories **740**, Fat **29g**, Sat Fat **8g**, Trans Fat **0g**, Cholesterol **30mg**, Sodium **1040mg**, Total Carbohydrate **97g**, Fiber **9g**, Sugars **5g**, Protein **29g**

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.

Steak with Red Flannel Hash

Serves: 4

Prep Time: 20 min.

Cook Time: 50 min.

Total Time: 1 hr. 10 min.

Ingredients:

1 yellow onion

8-oz. Giant Eagle thick-cut, sliced bacon

½ bunch fresh parsley

½ cup Bookbinder's prepared horseradish

1 cup Giant Eagle original sour cream

2 tsp. kosher salt, divided

1 tsp. ground black pepper, divided

4 Market District semi-boneless strip steaks, Value Pack

1 lb. beets

1 lb. Giant Eagle Yukon gold potatoes

2 tsp. Market District extra virgin olive oil

Directions:

Preheat oven to 400°F. Peel and dice the onion into ½-inch dice. Cut bacon across into ¼-inch pieces. Roughly chop the parsley. Combine the horseradish, sour cream, ½ teaspoon of salt, and ¼ teaspoon of black pepper. Season each steak with ¼ teaspoon of salt and a pinch of pepper.

Trim the tops from the beets, place in a pot and cover with water and a lid. Bring to a boil; reduce heat and simmer until the beets are tender, about 30 minutes. Drain and let cool. Once cool, grate on the large holes of a cheese grater.

While the beets boil, place the potatoes on a sheet pan and in oven; roast until tender, about 20 minutes. Let cool, then lightly crush so each one breaks into a couple of pieces.

While the potatoes bake, place the bacon in a large, heavy frying pan and place over medium heat, cooking until crispy and brown. Remove bacon and fat from the pan. Return 2 tablespoons of the fat to the pan and return to the heat. Add the diced onions and cook until softened, about 3 minutes. Add the beets, potatoes, ¼ teaspoon pepper, ½ teaspoon of salt, and the crispy bacon. Gently stir to combine. Cook over medium heat, letting the bottom get crispy and brown. Stir and let the bottom get crispy and brown again.

While the hash is cooking, heat a large frying pan over medium-high heat. Once hot, add 2 teaspoons of olive oil and the seasoned steaks. Cook, turning occasionally, until cooked to your liking*.

Divide the hash between 4 plates. Slice the steak if you like and serve with the horseradish cream and chopped parsley.

*For food safety, cook steak until internal temperature reaches 145°F, resting for 3 min.

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

Nutritional Information (Per serving):

Calories **910**, Fat **55g**, Sat Fat **21g**, Trans Fat **1.5g**, Cholesterol **210mg**, Sodium **1570mg**, Total Carbohydrate **38g**, Fiber **4g**, Sugars **13g**, Protein **64g**

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Thai Chicken and Coconut Stew

Serves: 4

Prep Time: 15 min.

Cook Time: 1 hr. 10 min.

Total Time: 1 hr. 25 min.

Ingredients:

4-oz. ginger

2 shallots

1 bunch cilantro

8-oz. shiitake mushrooms

2 limes

12-oz. chicken breasts

4 cups Market District chicken stock

2 Tbsp. Gourmet Garden Herb Blend, lemongrass

2 (13.66-fl.oz.) cans Thai Kitchen unsweetened coconut milk

$\frac{3}{4}$ cup Kokuho Rose sushi rice

1 lb. Giant Eagle butternut squash

2 tsp. Giant Eagle granulated sugar

1 Tbsp. Thai Kitchen premium fish sauce

2 Tbsp. Sambal Oelek ground fresh chili paste

Directions:

Roughly slice ginger; peel and thinly slice shallots. Cut the stems off the leaves of the cilantro and set both aside. Remove the stems and slice the shiitake mushrooms. Cut one lime in half and one into wedges.

Place the chicken breasts, chicken stock, lemongrass, cilantro stems, half the sliced shallots, and sliced ginger in a large pot. Place over high heat and bring to a boil. Once it boils, reduce the heat to low and simmer gently for 15 minutes*. Strain out the solids, reserving the chicken breasts and discarding the rest. Return the pot of chicken stock to the stove. Add the coconut milk and rice and simmer for 30 minutes. Add the butternut squash and simmer another 15 minutes.

Meanwhile, shred the chicken breasts. Add the shredded chicken breasts and shiitakes to the stew, simmer 5 more minutes. Add the sugar, fish sauce, and the juice from the 2 lime halves. Serve with the chili sauce, lime wedges, remaining sliced shallots, and cilantro leaves.

*For food safety, cook chicken until internal temperature reaches 165°F.

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

Nutritional Information (Per serving):

Calories **640**, Fat **35g**, Sat Fat **29g**, Trans Fat **0g**, Cholesterol **60mg**, Sodium **1450mg**, Total Carbohydrate **53g**, Fiber **5g**, Sugars **10g**, Protein **27g**

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Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

Pressure Multicooker Beef Pot Pie

Serves: 4

Prep Time: 20 min.

Cook Time: 55 min.

Total Time: 1 hr. 15 min.

Ingredients:

1½ lbs. Market District beef flank steak

2 carrots

2 celery stalks

1 yellow onion

2-3 sprigs Nature's Basket thyme

1 Giant Eagle large egg

1 Tbsp. Market District olive oil

1/8 tsp. kosher salt

1/8 tsp. ground black pepper

2 Tbsp. Giant Eagle tomato paste

1½ cups Market District beef stock

2 cups McCormick beef gravy

1 Pillsbury refrigerated pie crust

Directions:

Preheat oven to 375°F. Dice flank steak into ½-inch pieces. Peel and cut carrots into ½-inch dice. Cut celery and onion into ½-inch dice. Finely chop the thyme. Crack the egg and whisk.

Put the pressure multicooker on sauté and cook beef with olive oil, salt, and pepper until browned. Add the carrots, celery, onion, tomato paste, beef stock, and chopped thyme. Put on the lid and place on high pressure for 20 minutes. Release pressure, remove lid, and stir in beef gravy.

Pour the beef stew into a pie dish and cover with the pie crust. Brush the egg on top and with a paring knife, make an "X" in the middle of the dough. Place in oven for 20-22 minutes or until crust is golden brown.

Remove from oven and let sit for 5 minutes before serving.

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

Nutritional Information (Per serving):

Calories **610**, Fat **29g**, Sat Fat **11g**, Trans Fat **0g**, Cholesterol **165mg**, Sodium **1240mg**, Total Carbohydrate **42g**, Fiber **2g**, Sugars **4g**, Protein **46g**

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Chinese Lobster Risotto

Serves: 4

Prep Time: 15 min.

Cook Time: 30 min.

Total Time: 40 min.

Ingredients:

1 bunch green onions

12-oz. Cozy Harbor lobster meat

1-oz. ginger root

2 cups Giant Eagle jasmine rice

½ cup Giant Eagle frozen green peas

4 cups Giant Eagle chicken broth

½ cup Giant Eagle soy sauce

¼ cup Giant Eagle unsalted butter, divided

¼ tsp. kosher salt

¼ tsp. ground black pepper

1 Tbsp. McCormick toasted sesame seeds

Directions:

Thinly slice green onions. Follow package directions to defrost lobster meat and then pat dry with a paper towel. Peel and microplane the ginger. Follow package directions to rinse rice prior to cooking. Cook peas according to package directions.

In a pot, combine rice with chicken stock. Bring to a boil and then lower to a simmer and cover and cook for 20 minutes or until rice is tender.

While the rice is cooking, add soy sauce to a pot and bring to a boil, lower heat and reduce soy sauce to half. Stir in 1 tablespoon of butter and set aside.

Once rice is tender, stir in the lobster meat, ginger, half of the green onions, salt and pepper. Cook for 2-3 minutes then stir in the remaining butter and peas and cook for another 2 minutes. Stir until rice is creamy and resembles risotto.

Divide the risotto between 4 bowls. Top with soy glaze, remaining green onions, and sesame seeds and enjoy!

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

Nutritional Information (Per serving):

Calories **570**, Fat **14g**, Sat Fat **8g**, Trans Fat **0g**, Cholesterol **155mg**, Sodium **3030mg**, Total Carbohydrate **81g**, Fiber **2g**, Sugars **2g**, Protein **27g**

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