

Roasted Pork Loin

Serves: 4

Prep Time: 10 min.

Cook Time: 1 hr. 30 min.

Total Time: 1 hr. 40 min.

Ingredients:

2 bunches organic carrots

1 Tbsp. Market District extra virgin olive oil, divided

2½ tsp. kosher salt, divided

½ tsp. ground black pepper + a pinch, divided

2 lb. Giant Eagle boneless pork loin roast

8-oz. bag Giant Eagle ripple potato chips

5.2-oz. pkg. Boursin garlic & fine herbs Gournay cheese

½ (10-oz.) bag Cut 'N Clean greens kale greens

Directions:

Preheat oven to 350°F. Trim green stems from carrots and then toss the whole, unpeeled carrots with 1 teaspoon olive oil, ½ teaspoon of kosher salt, and a pinch of ground black pepper. Arrange on a foil-lined, rimmed baking sheet. Season the pork loin with 2 teaspoons of salt and ½ teaspoon of ground black pepper. Set aside for 10 minutes.

Heat a large frying pan over high heat. Once hot, add 2 teaspoons of olive oil and sear the meat, about 4 minutes per side until nicely browned. Remove from heat and set pork, fat side up, on top of carrots. Roast for 25 minutes at 350°F.

While pork is roasting, crush the potato chips into small crumbs.

Take pork out of the oven. Smear the top of the pork loin with the Boursin cheese, pat the potato chips onto the cheese, then return to the oven to cook for 15- 25 more minutes, totaling to about 20 minutes per pound, until internal temperature of the pork loin reaches 145°F.

Once the pork reaches 145°F, remove the pork from the pan and let rest at least 10 minutes before carving. Add the kale to the carrots and give the veggies a stir. Return to oven for 5 minutes while the pork is resting. Slice the roast and serve with the vegetables.

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

Nutritional Information (Per serving):

Calories **950**, Fat **63g**, Sat Fat **22g**, Trans Fat **0g**, Cholesterol **165mg**, Sodium **1920mg**, Total Carbohydrate **45g**, Fiber **7g**, Sugars **8g**, Protein **52g**

Pasta e Fagioli

Serves: 6

Prep Time: 20 min.

Cook Time: 1 hr. 5 min.

Total Time: 1 hr. 25 min.

Ingredients:

4 cloves garlic

1 carrot

2 celery stalks

1 small yellow onion

1 cup Classico tomato basil sauce

1 cup Dei Fratelli crushed tomatoes

2 sprigs of Nature's Basket rosemary

1 lb. Barilla rigatoni

1½ Tbsp. Market District extra virgin olive oil, divided plus more for garnish

8-oz. Giant Eagle bulk hot Italian sausage

½ tsp. kosher salt

½ tsp. ground black pepper

6 cups Market District chicken stock

2 cups Giant Eagle juicing kale

¼ cup Giant Eagle shredded Parmesan cheese

Directions:

Peel and thinly slice the garlic. Dice the carrot, celery, and onion into ¼-inch dice. Whisk the tomato sauce and crushed tomatoes. Remove the rosemary from the stems and roughly chop. Bring a large pot of water to a boil for cooking pasta. Once the water is boiling, add the pasta and cook for 8 minutes until al dente. Strain and toss with ½ tablespoon of olive oil so that it doesn't stick and then set aside for the soup.

Heat 1 tablespoon of olive oil in a soup pot on medium. Once heated, add Italian sausage, breaking into small pieces. Cook for 3-4 minutes or until nicely browned then add the garlic, carrots, celery, and onions. Cook for 5-6 minutes or until veggies are tender. Once veggies are tender, add the tomato mixture, rosemary, and ½ teaspoon each of salt and pepper. Cook for 3-4 minutes and then stir in the chicken stock. Bring soup to a boil then lower to a simmer and cook for 30 minutes. Stir in the kale and the cooked pasta and cook for another 10 minutes.

Ladle the soup into bowls and top with the parmesan and a drizzle of olive oil.

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

Nutritional Information (Per serving):

Calories **530**, Fat **18g**, Sat Fat **5g**, Trans Fat **0g**, Cholesterol **45mg**, Sodium **1320mg**, Total Carbohydrate **68g**, Fiber **6g**, Sugars **7g**, Protein **25g**

5 Spice Chicken Noodle Bowl

Serves: 4

Prep Time: 30 min. (+1 hr. marinating)

Cook Time: 20min.

Total Time: 50 min. (+1 hr. marinating)

Ingredients:

5 Spice Chicken Marinade

6 cloves garlic

1-oz. ginger

½ cup Giant Eagle granulated sugar

¼ cup Thai Kitchen premium fish sauce

¼ cup Giant Eagle reduced sodium soy sauce

1 tsp. McCormick gourmet Chinese five spice blend

1 lb. Nature's Basket boneless, skinless chicken thighs

Noodle Bowl

8-oz. pkg. Annie Chun's rice noodles, Maifun

1 shallot

1 jalapeño pepper

1 cucumber

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

1 bunch basil

1 bunch cilantro

3 limes

½ cup Giant Eagle dry roasted peanuts with sea salt

½ cup Giant Eagle granulated sugar

¼ cup Thai Kitchen premium fish sauce

½ cup Nakano rice vinegar, natural

8-oz. Giant Eagle premium matchstick carrots

Directions:

Make the Marinade: Peel the garlic. Peel and slice the ginger and combine with sugar, fish sauce, soy sauce, five spice powder, and garlic in the jar of a blender and blend until smooth. Combine with the chicken thighs in a zip lock bag or bowl. Let marinate in the refrigerator for at least an hour or up to overnight.

Make the Noodle Bowl: Preheat grill. Place the rice noodles in a large bowl, cover with cool water and set aside to soak for at least 10 minutes. Peel and thinly slice shallot. Thinly slice the jalapeño and cucumber. Pick the mint, basil, and cilantro leaves from their stems and set aside. Juice 2 of the limes into a small bowl. Chop the peanuts. Cut the last lime into wedges.

In the bowl with the lime juice, add sugar, fish sauce, and rice vinegar. Whisk well until sugar has dissolved. Add about ½ cup of this mixture to the matchstick carrots and toss

well to combine, then set aside to marinate. Add the sliced shallots and jalapeño to the remaining sauce.

Remove the chicken thighs from the marinade and pat dry. Place on grill and cook, turning once or twice, until the internal temperature reaches 165°F, about 15 minutes.

While the chicken is cooking, bring a large pot of water to a boil. Drain the soaked noodles and then add to the boiling water, cooking until just tender, about 2 minutes. Drain well.

Slice the chicken thighs. Divide the rice noodles between 4 bowls. Top with the marinated carrots, cucumbers, sliced chicken, mint, basil, and cilantro leaves. Sprinkle with the chopped peanuts and serve with the dipping sauce and lime wedges.

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

Nutritional Information (Per serving):

Calories **630**, Fat **13g**, Sat Fat **3g**, Trans Fat **0g**, Cholesterol **105mg**, Sodium **2680mg**, Total Carbohydrate **101g**, Fiber **5g**, Sugars **39g**, Protein **30g**

Falafel Crusted Chicken Pitas

Serves: 4

Prep Time: 20 min.

Cook Time: 25 min.

Total Time: 45 min.

Ingredients:

1 cucumber

10-oz. Market District cherry tomatoes

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

3 large Giant Eagle eggs

2 lemons

½ head red cabbage

¼ tsp. kosher salt, divided

¼ tsp. ground black pepper, divided

½ cup Sabra classic hummus

1½ lbs. Nature's Basket thin sliced chicken breasts

1 cup Manischewitz falafel mix

¼ cup Giant Eagle vegetable oil

½ cup Giant Eagle crumbled Feta cheese

4 Aladdin Bakers pita

Directions:

Julienne the cucumber, halve the cherry tomatoes, and roughly chop the mint leaves. Crack the eggs and whisk. Juice the lemons, remove the core from the cabbage and thinly slice. Toss the shredded cabbage with a pinch of salt and pepper, the hummus, and half of the lemon juice until the cabbage is fully coated.

Dip the chicken into the egg, shake off any excess mixture and then dip into the falafel mix. Heat ¼ cup of vegetable oil on the stove on medium. Once heated, add the chicken to the pan and cook 4-5 minutes on each side or until it reaches an internal temperature of 165°F; since the chicken is so thin, it should cook quickly. Place on a paper towel lined plate to absorb any excess oil once cooked.

Toss the remaining lemon juice, cucumbers, tomatoes, Feta, and mint in a large mixing bowl. Season with a pinch of salt and pepper.

Cut the chicken on the bias into 2-inch slices. Toast the pita until warm. Build the pitas with the slaw, chicken, and cucumber salad and enjoy!

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free

Nutritional Information (Per serving):

Calories **680**, Fat **32g**, Sat Fat **6g**, Trans Fat **0g**, Cholesterol **135mg**, Sodium **650mg**, Total Carbohydrate **48g**, Fiber **6g**, Sugars **10g**, Protein **48g**

Red Chile Braised Short Ribs

Serves: 4

Prep Time: 5 min.

Cook Time: 1 hr.

Total Time: 1 hr. 5 min.

Ingredients:

4 (12-oz.) pieces Market District beef bone-in short ribs

1¼ tsp. kosher salt, divided

½ tsp. ground black pepper

2 cups Las Palmas medium enchilada sauce

1 cup Quaker old fashioned grits

1 cup Giant Eagle shredded mild Cheddar cheese

1 red onion

1 lime

1 bunch cilantro

6 Farmer's Market mini sweet peppers

Directions:

Preheat oven to 500°F. Rub short ribs with 1 teaspoon of salt and ½ teaspoon of ground black pepper. Place on sheet pan and roast until nicely browned, about 10-15 minutes.

Place the browned short ribs in the Instant Pot with the enchilada sauce and 1 cup water. Seal the lid and set the Instant Pot for 40 minutes.

While the beef cooks, bring 4 cups of water to a boil and whisk in the grits. Return to a boil, whisking. Reduce heat to low and cook for 30 minutes. Remove from the heat and stir in the shredded cheddar and a pinch of salt.

While the grits cook, peel and thinly slice the red onion. Cut and juice half the lime, reserving the other half for another recipe. Pick cilantro leaves from the stems and thinly slice the sweet peppers.

Release the pressure from the Instant Pot. Check if the short ribs are tender; if needed, cook another 5 minutes. If the sauce is a little thin, transfer to a small pot and boil to reduce until thickened, skimming off any excess fat.

Toss the red onions, cilantro, and sliced peppers with the lime juice and a pinch of salt. Divide the grits between 4 plates, top with the short ribs and enchilada sauce. Garnish with onion pepper salad.

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

Nutritional Information (Per serving):

Calories **1090**, Fat **80g**, Sat Fat **35g**, Trans Fat **3.5g**, Cholesterol **185mg**, Sodium **1620mg**, Total Carbohydrate **45g**, Fiber **5g**, Sugars **7g**, Protein **49g**