

Salmon with Warm Potato Salad

Serves: 4

Prep Time: 15 min.

Cook Time: 40 min.

Total Time: 55 min.

Ingredients:

1 lb. Giant Eagle Farmer's Market small red potatoes

0.75-oz. pkg. Nature's Basket dill

1 lemon

1 shallot

4 (6-oz.) filets Atlantic salmon

¼ tsp. kosher salt, divided

¼ tsp. ground black pepper, divided

1 cup Nature's Basket frozen corn

¼ cup Annie's Naturals red wine vinaigrette

1 Tbsp. Market District extra virgin olive oil

1 cup Giant Eagle sour cream

Directions:

Quarter the potatoes and finely chop the dill. Juice and zest the lemon, peel and finely dice the shallot. Pat salmon dry with a paper towel and season with a pinch of salt and pepper and the lemon zest.

Add the potatoes to a pot of salted water. Bring to a boil and cook for 20 minutes or until tender. Add the corn to the boiling water and cook according to package directions. Strain everything very well. Add the potatoes and corn to a large bowl with the red wine vinaigrette, shallots, and a pinch of pepper. Stir well and let sit while cooking salmon.

Heat olive oil in a frying pan on high. Add salmon to the pan and cook for 5 minutes on each side*.

While the salmon cooks, combine lemon juice, dill, sour cream, and a pinch of salt and pepper in a small bowl. Serve salmon over potato salad with a large dollop of dill cream.

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

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

Nutritional Information (Per serving):

Calories **550**, Fat **28g**, Sat Fat **8g**, Trans Fat **0g**, Cholesterol **110mg**, Sodium **690mg**, Total Carbohydrate **34g**, Fiber **4g**, Sugars **5g**, Protein **40g**

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.

BBQ Pot Roast

Serves: 6

Prep Time: 10 min.

Cook Time: 3 hrs.

Total Time: 3 hrs., 10 min.

Ingredients:

1 yellow onion

2.7 lbs. Market District beef chuck spencer roast

1 tsp. kosher salt

½ tsp. ground black pepper

2 cups Market District beef stock

2 cups Market District Memphis-style BBQ sauce

4 stalks celery

4 carrots

1 lb. Giant Eagle Yukon gold potatoes

½ bunch fresh parsley

Directions:

Preheat oven to 500°F. Peel and slice the onion. Season beef with salt and pepper and place in a roasting pan.

Place pan in the oven and roast until the meat starts to brown, about 15 minutes. Add the onions to the pot, turn the meat over and let the other side brown another 15 minutes. Add the beef stock and barbeque sauce to the pot, stir to combine and coat the onions and beef. Cover the pot tightly and reduce the oven temperature to 350°F. Let cook for 2 hours, turning once or twice. While the beef is cooking, cut the celery and carrots into 1-inch cubes. Quarter the potatoes. Chop the parsley.

After 2 hours in the oven, add the potatoes, celery, and carrots and stir into the sauce. Cover and return the pot to the oven. Cook another 30 minutes or until the meat and vegetables are both tender. Garnish with the parsley.

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

Nutritional Information (Per serving):

Calories **680**, Fat **32g**, Sat Fat **14g**, Trans Fat **1g**, Cholesterol **120mg**, Sodium **1390mg**, Total Carbohydrate **55g**, Fiber **3g**, Sugars **33g**, Protein **39g**

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Gumbo Pasta

Serves: 6

Prep Time: 15 min.

Cook Time: 45 min.

Total Time: 1 hr.

Ingredients:

1 yellow onion

2 stalks celery

1 red bell pepper

4 cloves garlic

12-oz. Market District Cajun-style andouille sausage

1/3 cup Giant Eagle pure canola oil

1/2 cup Giant Eagle all-purpose flour

2 cups Market District chicken stock

1 cup Contadina tomatoes, Roma style crushed in tomato purée

1 cup Bertolli Vineyard marinara with burgundy wine sauce

12-oz. Nature's Basket extra-large peeled & deveined raw shrimp, thawed

10-oz. Pictsweet cut okra

3/4 tsp. kosher salt

2 tsp. Tony Chachere's creole seasoning

1 Tbsp. Giant Eagle savory Worcestershire sauce

1 lb. San Giorgio rigatoni pasta

Directions:

Peel and dice the yellow onion, celery, and bell pepper into 1/2-inch dice. Peel and chop the garlic. Slice the andouille sausage 1/2-inch thick.

In a large, heavy-bottomed stock pot, heat canola oil and flour over medium heat. Stirring constantly, cook the flour and oil until it turns the color of peanut butter. Be careful, as it will be very hot. Add the onions, celery, and bell peppers and cook another 2 minutes. Add the garlic and cook another minute. Add the chicken stock, crushed tomatoes, and marinara and bring to a boil, stirring occasionally. Once it comes to a boil, reduce heat to low and simmer for about 15 minutes. Add the andouille, shrimp, okra, salt, creole seasoning, and Worcestershire sauce. Cook until the shrimp are cooked through*.

While the gumbo is cooking, cook the rigatoni pasta according to package directions.

Drain the pasta and add to the gumbo, stir well and cook for 2 minutes to combine flavors.

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

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free

Nutritional Information (Per serving):

Calories **700**, Fat **28g**, Sat Fat **5g**, Trans Fat **0g**, Cholesterol **105mg**, Sodium **2060mg**, Total Carbohydrate **79g**, Fiber **6g**, Sugars **9g**, Protein **34g**

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Caesar's Chicken

Serves: 4

Prep Time: 15 min.

Cook Time: 35 min.

Total Time: 50 min.

Ingredients:

½ bunch Nature's Basket organic thyme

2 lemons

6 cloves garlic

2 Tbsp. DeLallo anchovy paste

2 Tbsp. Nature's Basket organic Dijon mustard

1/3 cup Giant Eagle red wine vinegar

¾ tsp. kosher salt

¾ tsp. ground black pepper

¾ cup Market District grated Parmesan, divided

¾ cup Market District extra virgin olive oil

3 lbs. Nature's Basket fresh chicken, whole bird

1 loaf artisan sourdough bread

2 Tanimura & Antle romaine hearts

Directions:

Preheat oven to 450°F. Chop the thyme. Juice one lemon and cut the other into wedges. Combine the lemon juice with the garlic, anchovy paste, mustard, red wine vinegar, salt, pepper, and ¼ cup of the Parmesan in a blender. Blend until smooth. With blender running, slowly drizzle in the olive oil.

Cut up the chicken, place the pieces on a non-stick or foil-lined sheet pan and toss with about 1/3 of the Caesar dressing and half the thyme. Spread into an even layer and place in oven. Roast until the chicken is cooked through*, about 30 minutes.

While the chicken is roasting, slice the bread into 8 thick slices. Place the slices on another non-stick or foil-lined sheet pan. Spread the top and bottom of each slice with a little Caesar dressing, a little sprinkle of Parmesan cheese, and the remaining chopped thyme. After the chicken has been cooking for about 15 minutes, place the bread into the oven to toast. Remove from the oven when golden brown and crunchy.

Cut the romaine lengthwise into quarters. Place 2 quarters on each of 4 plates. Divide the bread and chicken between the 4 plates. Drizzle the chicken, bread, and romaine with any remaining juices from the chicken sheet pan and any of the Caesar dressing that is left. Sprinkle with any remaining Parmesan and serve with lemon wedges.

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

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

Nutritional Information (Per serving):

Calories **1170**, Fat **71g**, Sat Fat **14g**, Trans Fat **0g**, Cholesterol **165mg**, Sodium **2440mg**, Total Carbohydrate **67g**, Fiber **3g**, Sugars **1g**, Protein **65g**

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Cheesy Zucchini Bake

Serves: 4

Prep Time: 15 min.

Cook Time: 35 min.

Total Time: 50 min.

Ingredients:

3 zucchini

2 yellow bell peppers

½ bunch parsley

4-oz. Market District herb and garlic goat cheese

1 cup Giant Eagle grated Mozzarella

½ cup Land O' Lakes heavy cream

¼ tsp. kosher salt, divided

¼ tsp. ground black pepper, divided

1 Tbsp. Market District extra virgin olive oil

¼ cup Giant Eagle shredded Parmesan

¼ cup Rana pesto

Directions:

Preheat oven to 425°F. Cut zucchini into ½-inch rounds. Remove seeds from peppers and cut into ¼-inch julienne. Pick parsley leaves. Whisk goat cheese, Mozzarella, heavy cream, and a pinch of salt and pepper.

Toss zucchini and peppers with olive oil and a pinch of salt and pepper. Place on a sheet tray and roast for 10-12 minutes.

Layer half of the roasted vegetables in a baking dish and spread half of the cheese mixture on top. Layer the other half of vegetables and then spread with the remaining cheese mixture. Top with parmesan. Place in oven and bake for 20 minutes or until brown and bubbling.

Dollop the pesto on top and garnish with parsley leaves.

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

Vegetarian

Nutritional Information (Per serving):

Calories **430**, Fat **36g**, Sat Fat **18g**, Trans Fat **0.5g**, Cholesterol **70mg**, Sodium **690mg**, Total Carbohydrate **11g**, Fiber **2g**, Sugars **6g**, Protein **20g**

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