

## Halibut with Lemon Caper Sauce

Serves: 4

Prep Time: 10 min.

Cook Time: 35 min.

Total Time: 45 min.

Cuisine Type: **French**

Make a delicious French-style dinner with this recipe for halibut with lemon caper sauce and mashed yams. Serve with a side of fresh green beans almondine.

### Ingredients:

2 yams

1 bunch fresh parsley

1 lemon

6 oz. Giant Eagle unsalted butter, divided

4 pieces Market District fresh halibut filet

2 tsp. kosher salt, divided

¼ cup heavy cream

1 cup Dark Horse white wine, sauvignon blanc

4 Tbsp. Crosse & Blackwell 100% non-pareil capers

2 tsp. Market District olive oil

### Directions:

Peel yams and cut into large chunks. Reserve a few sprigs of parsley and rough chop the rest. Cut the lemon in half and cut one half into 4 wedges. Let the butter soften to room temperature. Season halibut with ¼ teaspoon kosher salt on each piece.

Place yams in a small pan over high heat; cover with cold water and a lid. Once boiling, reduce to low and simmer until tender, approximately 20 minutes. Drain and return to pan. Mash roughly with a fork, adding 2 ounces of butter and heavy cream. Season with ½ teaspoon salt.

Place wine in a small pan and reduce over medium heat until only ¼ cup remains. Pour in blender with capers, juice of half a lemon, pinch of salt and chopped parsley. Add 4 ounces of softened butter and blend until smooth. Set aside in a warm place.

Heat a large, non-stick pan over medium-high heat. Once hot, add olive oil. Add halibut filets and sear on the first side until golden brown, about 3-4 minutes. Turn over and

cook another 3-4 minutes. For food safety, cook until fish reaches and internal temperature of 145°F.

Spoon sauce on 4 plates. Place the mashed yams in the center and top with the cooked fish filets. Garnish with the parsley sprigs and serve immediately.

## **Mexican Fried Rice**

Serves: 4

Prep Time: 10 min.

Cook Time: 30 min.

Total Time: 40 min.

Cuisine Type: **Mexican**

We don't often think of shrimp as a Mexican dish, but this recipe for Mexican fried rice. proves us wrong! Shrimp and rice gets a Mexican-style kick and responds oh, so well!

### **Ingredients:**

2 avocados

½ jalapeño

1 bunch green onions

½ bunch cilantro

1 can Giant Eagle black beans

1 package Casa Mexicana rice Mexican rice

1 Tbsp. Market District olive oil

12 oz. Nature's Basket peeled and deveined shrimp

### **Directions:**

Peel and slice the avocado. Thinly slice the jalapeño. Slice the green onions and pick the cilantro leaves. Drain the black beans and rinse in water. Cook rice according to package instructions.

Heat 1 tablespoon of olive oil in a large frying pan on medium-high heat. Once heated, add the shrimp to the pan. Cook for 5-6 minutes or until shrimp is slightly browned. Add half of the jalapeños, the rice and black beans. Cook for another 5 minutes.\*

Garnish with the avocado and cilantro leaves and enjoy!

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

## **Braised Chicken and Peppers**

Serves: 4

Prep Time: 10 min.

Cook Time: 1 hr.

Total Time: 1 hr., 10 min.

Cuisine Type: **American**

Chicken and peppers is a classic. Try out this recipe for braised chicken and peppers for your next family meal and see if it's not a new Sunday favorite! It's pretty, too, especially when served boiled potatoes (save a little parsley for those).

### **Ingredients:**

1 red onion

1 red bell pepper

1 yellow bell pepper

1 green bell pepper

2½ lbs. Giant Eagle chicken thighs

1 tsp. kosher salt

¼ tsp. ground black pepper

4 tsp. Market District olive oil, divided

2 cups 19 Crimes red wine

1 12-oz. Giant Eagle pulp free orange juice concentrate

½ bunch fresh parsley

### **Directions:**

Preheat the oven to 350°F.

Peel and cut the red onion into strips. Cut the bell peppers into strips. Season the chicken thighs with 1 teaspoon salt and ¼ teaspoon ground black pepper.

Heat a large fry pan over medium-high heat. Once hot, add 2 teaspoons olive oil. Add the chicken skin side down and let brown without moving for about 4 minutes. Turn the chicken over and brown a little on the second sides, about 2 minutes. Transfer to a baking dish.

Wipe out the pan, return to the heat and add another 2 teaspoons olive oil. Add the red onions and peppers. Cook, stirring occasionally until softened, about 2 minutes. Add the red wine and orange juice concentrate. Bring to a boil. Pour this mixture over the chicken thighs in the baking dish. Cover with foil and bake for 30 minutes. Remove the

foil, turning the chicken over and stirring the pepper mixture. Remove the foil and bake another 15 minutes.\*

Sprinkle with parsley leaves and serve.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

## **Cheesy Chicken Thighs**

Serves: 4

Prep Time: 10 min.

Cook Time: 45 min.

Total Time: 55 min.

Cuisine Type: **Tex-Mex**

Make a Tex-Mex casserole with this rich and delicious cheesy chicken thighs bake. Serve with rice and salsa for a complete, family-friendly dinner. You can also strip the chicken from the bones and tuck into a burrito with the rice and salsa for yummy leftovers.

### **Ingredients:**

2 plum tomatoes

½ red onion

½ bunch cilantro

2 limes

1½ lbs. Nature's Basket boneless skinless chicken thighs

¾ tsp. kosher salt, divided

¾ tsp. ground black pepper, divided

1 can Campbell's condensed Cheddar soup

1¼ cup giant eagle 2% milk

1 can Chichi's diced fiesta green chilies

1 pkg. Casa Mexicana Rice Mexican rice

1 Tbsp. Market District olive oil

### **Directions:**

Preheat oven to 375°F.

Dice the plum tomato and red onion. Chop the cilantro. Juice one of the limes and cut one of the limes into wedges. Pat the chicken dry and toss with ½ teaspoon salt and pepper. Whisk together the cheddar soup, milk and diced green chilies.

Cook rice according to instructions.

Heat 1 tablespoon of olive oil in a frying pan on medium-high heat. Once heated, add the chicken thighs. Cook for 3 minutes on each side. Place seared chicken thighs in a baking dish and cover with the soup mixture. Bake for 30 minutes or until brown and bubbly.\*

Toss the tomatoes, onion, cilantro, lime juice and ¼ tsp salt and pepper. Let sit.

Serve the chicken on top of the rice with a big spoon of the salsa on top.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

## Sheet Pan Meatballs

Serves: 4

Prep Time: 10 min.

Cook Time: 40 min.

Total Time: 50 min.

Cuisine Type: **American**

Make a hearty, simple Italian-style meal with this recipe for sheet pan meatballs with yams and veggies. Add a loaf of Italian bread if you want to complete the Italian motif!

### Ingredients:

2 yams

1 red onion

1 red bell pepper

1 yellow bell pepper

½ bunch fresh parsley

12 oz. Nature's Basket 90% lean ground beef

12 oz. Giant Eagle sweet ground Italian sausage

1 egg

½ cup Market District Italian seasoned bread crumbs

½ cup Giant Eagle whole milk

1 tsp. kosher salt, divided

½ tsp. ground black pepper

2 tsp. Market District olive oil

### Directions:

Preheat oven to 425°F.

Cut the yams into wedges, about 3 inches long. Peel and cut the red onions into wedges. Cut the bell peppers into thick strips. Reserve a few parsley leaves for garnish and chop the rest.

Combine the ground beef, sausage, egg, bread crumbs, milk and ½ teaspoon kosher salt. Mix well then refrigerate.

Toss all the vegetables with 2 teaspoons olive oil, ½ teaspoon of kosher salt and a pinch of ground black pepper. Spread in an even layer onto a sheet pan and place in the oven.

While the vegetables roast, form the meatball mixture into 20 meatballs, about 3 tablespoons each.

After 10 minutes remove the vegetables from the oven and stir. Place the meatballs on top of the vegetables and return to the oven until the meatballs are lightly browned, about 15 minutes. Turn the meatballs over and cook another 15 minutes or until they reach 155°F internal temperature.

Sprinkle with the reserved parsley leaves and serve.