

Korean-Style Tofu with Asparagus

Serves: 4

Prep Time: 30 min.

Cook Time: 25 min.

Total Time: 55 min.

Cuisine Type: **Korean**

Description:

Take a break from meat-based meals and check out this vegetarian Korean-style tofu with asparagus stir fry. Made with crisp, fried tofu, shiitake mushrooms, asparagus, jasmine rice and more, this meal makes a lovely lunch or dinner.

Ingredients:

- 1 bunch green onions
- 4 cloves garlic
- 2 oz. ginger
- 2 bunches asparagus
- 12 oz. shiitake mushrooms
- 2 (14 oz.) Nasoya extra firm tofu
- 1/3 cup granulated sugar
- 1/2 cup Bibigo gochujang hot & sweet sauce
- 1/3 cup Giant Eagle soy sauce
- 1/3 cup Mizkan Nakano rice vinegar, natural
- 1 Tbsp. Sun Luck sesame oil
- 1 Tbsp. Giant Eagle paprika
- 1/4 cup + 2 Tbsp. Argo cornstarch, divided
- 2 cups Giant Eagle jasmine rice
- 2 Tbsp. toasted sesame seeds, divided
- 1/4 cup vegetable oil

Directions:

Thin slice green part of onions and cut the rest into 2-inch lengths. Chop garlic; peel and cut ginger into matchsticks. Slice asparagus on bias into 2-inch sections. Remove stems and quarter mushrooms. Cut tofu in half lengthwise then into 1/2-inch thick squares. Wrap in paper towels and weight with a heavy pan for 20 minutes.

In a bowl, whisk the sugar, gochujang, soy sauce, rice vinegar, sesame oil, 1/2 cup water, paprika and 2 tablespoons of cornstarch.

Combine rice with 3 cups water. Cover and bring to a boil. Reduce heat to low and simmer 15 minutes. Turn off heat and let sit 5 minutes before fluffing with a fork.

While rice is cooking, heat a large, heavy pan over medium-high. Dredge tofu in $\frac{1}{4}$ cup cornstarch. Add $\frac{1}{4}$ cup vegetable oil to the hot pan and gently add tofu. Cook until light brown and crispy, about 3 minutes; turn and cook another 3 minutes. Place tofu on paper towel-lined plate. Drain all but 1 tablespoon of oil from pan, return to heat and add mushrooms. Sauté 1 minute then add ginger, long cut green onions and chopped garlic. Cook another minute. Add asparagus and stir-fry another minute. Stir sauce and add to pan. Return the tofu to the pan with 1 tablespoon sesame seeds. Bring to a boil, stirring until the sauce thickens. Remove from the heat.

Divide the rice between 4 bowls, top with the stir fry. Sprinkle with sliced green onion and remaining sesame seeds.

Cheeseburger Quiche

Serves: 4

Prep Time: 10 min.

Cook Time: 50 min.

Total Time: 1 hr.

Cuisine Type: **American**

Description:

Put a fresh spin on a favorite American meal with this rich and meaty cheeseburger quiche recipe. Filled to the brim with classic burger flavors, this dish takes Sunday brunch to a whole new level!

Ingredients:

- 1 Marie Callender's pastry shell
- 1 Giant Eagle romaine heart
- 1 yellow onion
- 2 plum tomatoes
- 6 large Nature's Basket eggs
- ½ cup Giant Eagle half & half
- ¾ tsp. kosher salt, divided
- ¾ tsp. ground black pepper, divided
- 2 tsp. Market District olive oil
- 12 oz. Giant Eagle lean ground beef
- 1 cup Giant Eagle shredded sharp cheddar cheese, divided

Directions:

Preheat oven to 350°F.

Prick the pie shell with a fork and bake in preheated oven for 15 minutes. Shred the lettuce. Dice the onion and tomato. Crack the eggs and whisk with the half and half and a pinch of salt and pepper.

Heat oil in a large frying pan. Once heated, add diced onions. Cook for 5 minutes and then add ground beef and ¼ teaspoon salt and pepper. Cook for 10 minutes or until meat is cooked through and browned. Drain off extra fat.

Place the ground beef and half the shredded Cheddar in the bottom of the pie crust. Top with the egg mixture and the remaining cheddar. Return to oven and cook for another 30 minutes.*

Garnish with the shredded lettuce and diced tomatoes and enjoy!

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

Salmon Over Lentils

Serves: 4

Prep Time: 10 min.

Cook Time: 40 min.

Total Time: 50 mi.

Cuisine Type: **French**

Description:

Ever think of salmon and lentils? Think again! Get a nutritious boost of omega-3 fatty acids and fiber with this delicious salmon and lentils dish. Serve with a bit of fresh bread on the side!

Ingredients:

2 carrots
1 yellow onion
3 garlic cloves
½ bunch parsley
1 lemon
4 5-oz. salmon filets
½ tsp. kosher salt, divided
½ tsp. ground black pepper, divided
2 Tbsp. Market District olive oil, divided
2 Tbsp. tomato paste
2 cups Goya lentils
4 cups Pacific Foods chicken broth

Directions:

Pre-heat oven to 375°F.

Peel and dice the carrot into ¼-inch pieces. Peel and dice the onion. Peel and thinly slice the garlic. Finely chop the parsley and zest the lemon. Pat the salmon dry and season each piece with a pinch of salt, pepper, and ¼ tsp olive oil. Combine the lemon zest and chopped parsley and press the top of the salmon into the herb mixture.

Heat 1 tablespoon of olive oil in a sauce pot. Once heated, add the carrot, onion and garlic. Cook for 5-6 minutes or until tender. Add the tomato paste and cook for another minute. Add the lentils, chicken broth, ¼ teaspoon of salt and pepper. Bring to a boil and lower to simmer. Cook for another 20 minutes or until tender. You want lentils to have some remaining liquid, but not soupy.

Place the salmon on a sheet tray in preheated oven. Cook for 15 minutes or until cooked through.*

Serve the salmon on top of the lentils and enjoy!

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

Chicken Tortellini Salad

Serves: 4

Prep Time: 10 min.

Cook Time: 10 min.

Total Time: 20 mi.

Cuisine Type: **Italian**

Description:

This one's a quickie! Frozen tortellini rotisserie chicken make this recipe for chicken tortellini a snap. Add roasted red pepper, arugula and fennel, and top with Parmesan cheese for a meal that's both bountiful and beautiful!

Ingredients:

½ small red onion

1 fennel bulb

6 oz. Giant Eagle roasted red pepper strips

½ cup Wishbone red wine vinaigrette

1 family size Giovanni Rana tortellini, cheese delicato

1/8 tsp. kosher salt

1/8 tsp. ground black pepper

2 cups Giant Eagle shredded rotisserie chicken

2 cups Nature's Basket organic baby arugula

½ cup Market District shaved Parmesan cheese

Directions:

Bring a large pot of water to a boil.

Peel and thinly slice the onion into 1/8-inch slices. Cut the fennel to the same thickness. Pat the roasted peppers dry. Combine the fennel and onions with the dressing.

Cook the tortellini according to package instructions. Drain and toss with the dressing-onion mixture and a pinch of salt and pepper. Fold in the shredded chicken and roasted peppers.

Divide the arugula between four plates. Top with the tortellini salad and garnish with the shaved Parmesan. Enjoy!

Chicken and Andouille Gumbo

Serves: 4

Prep Time: 15 min.

Cook Time: 1 hr., 15 min.

Total Time: 1½ hrs.

Cuisine Type: **Cajun**

Description:

Take a trip to New Orleans without leaving your kitchen with this recipe for chicken and andouille gumbo. Bursting with smoked sausage, juicy chicken, rice, veggies and spices, this Cajun stew is a delicious way to bring the “Big Easy” to your dining room.

Ingredients:

- 1 yellow onion
- 4 ribs celery
- 1 green bell pepper
- 5 cloves garlic
- 1 bunch green onion
- 12 oz. Aidells andouille sausage, Cajun style, smoked
- 2/3 cup Giant Eagle all-purpose flour
- 2 Tbsp. vegetable oil
- 1 tsp. Market District dried thyme
- 1 Tbsp. Giant Eagle paprika
- 1 tsp. Market District smoked paprika
- 2 tsp. McCormick ancho chile powder
- ½ tsp. cayenne
- ½ tsp. ground black pepper
- 1 can (14.5 oz.) Giant Eagle diced tomatoes
- 7 cups Nature's Basket chicken broth, low sodium, carton
- 14oz. Pictsweet Farms pictsweet cut okra
- ½ tsp. kosher salt
- 1 tsp. tabasco pepper sauce
- 10 oz. Giant Eagle pulled rotisserie chicken
- 2 cups Giant Eagle long grain rice

Directions:

Preheat oven to 380°F.

Peel and dice the onion. Dice the celery and green bell pepper. Chop the garlic and slice the green onions. Slice the andouille into ½-inch thick slices.

Spread the flour in an even layer on a sheet pan and place in oven. Roast, stirring occasionally, until roasted to a dark brown, about 45 minutes. Remove from the oven and let cool, about 15 minutes.

Heat a large, heavy pot over medium heat. Once hot, add the oil and the onions, celery, bell pepper and sauté until softened. Add garlic, thyme, paprika, smoked paprika, ancho chile, cayenne and pepper and cook another minute. Add tomatoes and stock. Bring to a boil then reduce heat to low.

Combine the cooled flour with 1 cup of water to make a smooth paste. Whisk into soup. Return to boil and simmer 10-15 minutes.

Add chicken, sausage, and okra. Season with salt and tabasco. Return to a boil and cook additional 2-3 minutes for flavors to meld.

While the gumbo is cooking, cook the rice. Combine it with 3 cups of water in a medium sauce pan. Cover and bring to a boil. Reduce heat to low and simmer 15 minutes. Turn off the heat and let sit 5 minutes before fluffing with a fork.

Divide the rice between 4 bowls. Top with gumbo and sliced green onions.