

Cavatappi with Pepperoni

Serves: 6

Prep Time: 5 min.

Cook Time: 45 min.

Total Time: 50 min.

Ingredients:

1 lb. pkg. Market District no. 67 semolina cavatappi

24-oz. jar Del Grosso three cheese spaghetti sauce

14.5-oz. can Dei Fratelli diced petite tomatoes

6-oz. pkg. Giant Eagle sliced pillow pack pepperoni, divided

2 cups Giant Eagle shredded Italian 6 cheese blend, divided

1 cup Giant Eagle part skim Ricotta cheese

½ bunch fresh parsley

Directions:

Preheat oven to 450°F. Bring a large pot of water to a boil and cook the pasta according to package directions. In another pot, bring the spaghetti sauce and diced tomatoes to a boil, reduce heat, and then simmer 10 minutes. Add the cooked pasta to the tomato mixture along with half the pepperoni and half the Italian cheese mix.

Transfer the pasta to a 9x13-inch baking dish and top with the remaining pepperoni and Italian cheese mix. Place in oven and bake until golden brown and bubbly, about 25 minutes.

Remove from the oven and top with dabs of Ricotta and parsley sprigs.

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

Nutritional Information (Per serving):

Calories **690**, Fat **27g**, Sat Fat **12g**, Trans Fat **0g**, Cholesterol **50mg**, Sodium **1350mg**, Total Carbohydrate **74g**, Fiber **7g**, Sugars **11g**, Protein **34g**

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.

Potato Crusted Chicken

Serves: 4

Prep Time: 25 min.

Cook Time: 30 min.

Total Time: 55 min.

Ingredients:

1 baby seedless watermelon

2 Tbsp. kosher salt

1 cucumber

½ red onion

1 jalapeño

1½ lbs. Nature's Basket boneless skinless chicken thighs

½ cup Giant Eagle classic ranch dressing

Giant Eagle vegetable oil cooking spray

2 cups Giant Eagle instant mashed potatoes

1 lime, juiced

Directions:

Preheat oven to 450°F. Peel and cut the watermelon into ½-inch cubes. Place the cubes in a large bowl and toss with salt. Place the salted watermelon in a colander over a bowl, let drain for about 20 minutes, and then discard the salty watermelon juice. Cut the cucumber into ½-inch dice. Peel and thinly slice the red onion. Thinly slice the jalapeño. Toss the chicken thighs with the ranch dressing and set aside.

Place a wire rack on a sheet pan and spray the rack with the vegetable oil spray. Place the potato flakes in a medium bowl. One at a time, remove the chicken thighs from the marinade and dip in the potato flakes, pressing the coating onto the chicken. Place the coated chicken onto the wire rack. Once all the chicken is coated, spray the chicken with the vegetable oil spray and place sheet pan in the oven. Roast the chicken until its golden brown, about 30 minutes*. Discard any remaining ranch dressing.

While the chicken is cooking, toss the watermelon cubes with the cucumbers, red onion, jalapeño, and lime juice. Serve the chicken with the watermelon salad.

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

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free

Nutritional Information (Per serving):

Calories **410**, Fat **18g**, Sat Fat **4g**, Trans Fat **0g**, Cholesterol **160mg**, Sodium **1790mg**, Total Carbohydrate **26g**, Fiber **2g**, Sugars **13g**, Protein **31g**

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Baked Pasta Casserole (Johnny Marzetti)

Serves: 6

Prep Time: 5 min.

Cook Time: 45 min.

Total Time: 50 min.

Ingredients:

1 lb. pkg. Giant Eagle macaroni
1 Tbsp. Market District extra virgin olive oil
1 yellow onion, diced
8-oz. mushrooms, sliced
1 lb. Nature's Basket 90% lean ground beef
1 lb. Giant Eagle sweet Italian sausage
¼ tsp. kosher salt
¼ tsp. ground black pepper
2 (15-oz.) cans Giant Eagle tomato sauce
14-oz. can Giant Eagle diced tomatoes
2 cloves garlic, chopped
1 tsp. dried oregano
¼ tsp. sugar
2 cups Giant Eagle shredded mild Cheddar cheese, divided
2 cups Giant Eagle shredded Italian 6 cheese blend, divided
½ bunch fresh parsley, chopped

Directions:

Preheat the oven to 350°F. Bring a large pot of water to boil. Cook the macaroni until it is a little firmer than al dente, about 7 minutes. Drain the pasta, then return it to the pot and set aside.

In the meantime, heat olive oil in a large frying pan over medium heat. Add the onion and mushrooms to the frying pan and sauté until softened, about 5 minutes. Add the ground beef and sausage and cook, breaking up the meat, until no pink remains*. Drain the fat off the beef mixture, then season with salt and pepper. Add the tomato sauce, diced tomatoes, garlic, oregano, and sugar. Allow it to simmer for about five minutes, stirring occasionally.

Carefully pour the beef mixture into the pot with the noodles and stir to combine. Add 1 cup of Cheddar cheese and 1 cup of Italian blend to the mix. Pour the mixture into a 9x13-inch casserole dish. Top with the remaining 2 cups of cheese. Bake for 30 minutes until cheese is golden and melted. Top with parsley before serving.

*For food safety, cook ground beef and sausage to an internal temperature of 160°F.

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

Nutritional Information (Per serving):

Calories **880**, Fat **39g**, Sat Fat **19g**, Trans Fat **1g**, Cholesterol **135mg**, Sodium **1700mg**, Total Carbohydrate **79g**, Fiber **1g**, Sugars **12g**, Protein **53g**

Kung Pao Meatballs

Serves: 4

Prep Time: 15 min.

Cook Time: 25 min.

Total Time: 40 min.

Ingredients:

1 red bell pepper

1 bunch green onions

3 stalks celery

4 cloves garlic

1-oz. ginger, divided

½ cup Giant Eagle dry roasted peanuts with sea salt, divided

5 Tbsp. Giant Eagle soy sauce, divided

4 tsp. Giant Eagle granulated sugar, divided

1 tsp. Giant Eagle crushed red pepper

2 Tbsp. clabber girl cornstarch, divided

1 lb. Giant Eagle ground pork

1 tsp. kosher salt

2 tsp. vegetable oil

2 (8.8-oz.) pkgs. Giant Eagle original 90 second rice

Directions:

Preheat oven to 450°F. Seed and cut the bell pepper into 1-inch cubes. Cut the green onion into 2-inch lengths. Cut the celery into ½-inch cubes. Chop the garlic and ginger. Roughly chop the peanuts.

In a small bowl, combine 4 tablespoons of soy sauce, 3 tablespoons of water, 1 tablespoon of sugar, crushed red pepper, and 1 tablespoon of cornstarch; stir well to mix in the cornstarch.

In a medium bowl, combine the ground pork with 1 tablespoon of soy sauce, 1 tablespoon of water, 1 teaspoon of sugar, 1 tablespoon of cornstarch, 1 teaspoon of salt, and half of the chopped ginger. Once well combined, use wet hands to form into 2-tablespoon-size balls. Place meatballs on a non-stick or foil-lined sheet pan. Place in oven and roast for about 10 minutes, until cooked through*.

While the meatballs are cooking, heat a large frying pan or wok over high heat. Once hot, add vegetable oil, bell pepper, green onions, celery, garlic, and remaining ginger. Stir-fry for 1-2 minutes or until the vegetables start to soften. Reduce heat to medium. Add cooked meatballs, stir the sauce and then add it to the pan. Continue to cook and stir until the sauce thickens and everything is coated. Add half the peanuts and toss again.

Heat the rice according to package directions. Serve the meatballs with the rice and the remaining chopped peanuts.

*For food safety, cook ground pork to an internal temperature of 160°F.

ALLERGEN CALLOUTS: Egg-Free, Dairy-Free

Nutritional Information (Per serving):

Calories **630**, Fat **30g**, Sat Fat **8g**, Trans Fat **0g**, Cholesterol **70mg**, Sodium **1700mg**, Total Carbohydrate **63g**, Fiber **2g**, Sugars **7g**, Protein **29g**

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Coconut Crusted Salmon

Serves: 4

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

½ bunch cilantro

½ cup Market District roasted macadamia nuts

1 mango

4 pieces Giant Eagle Atlantic salmon

½ tsp. kosher salt, divided

½ tsp. ground black pepper, divided

1 egg, beaten

½ cup Bob's Red Mill shredded coconut

Giant Eagle vegetable oil cooking spray

2 (8.5 oz) packets Uncle Ben's ready rice: jasmine

1 lime, juiced

1 Tbsp. Market District extra virgin olive oil

Directions:

Preheat oven to 425°F. Roughly chop the cilantro and the macadamia nuts. Peel the mango, cut away from pit, and then slice into ¼-inch slices. Season salmon with a ¼ teaspoon of salt and ¼ teaspoon of pepper.

Dip salmon into the egg and then into the coconut to cover completely. Place salmon on a non-stick or foil-lined sheet tray. Spray salmon with pan spray and place in oven for 15 minutes*.

Cook rice packets according to package directions. Toss the warm rice with macadamia nuts and set aside.

In a mixing bowl, combine the lime juice, cilantro, mango, olive oil, and ¼ teaspoon each of salt and pepper.

Serve the coconut salmon with rice and mango salad and enjoy!

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

Nutritional Information (Per serving):

Calories **770**, Fat **38g**, Sat Fat **11g**, Trans Fat **0g**, Cholesterol **155mg**, Sodium **400mg**, Total Carbohydrate **63g**, Fiber **5g**, Sugars **13g**, Protein **47g**

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