

## Chipotle Chicken Lettuce Cups

Serves: 4

Prep Time: 25 min.

Cook Time: 15 min.

Total Time: 40 min.

### Ingredients:

2 heads iceberg lettuce

2 Tbsp. Herdez hot chipotles

4 cloves garlic

1 red onion

2 limes

1 avocado

1 bunch cilantro

2 tsp. vegetable oil

1 lb. Nature's Basket 98% fresh ground chicken

1 tsp. Giant Eagle light brown pure sugar

½ tsp. kosher salt

### Directions:

Cut the bottom third off the lettuce and place the lettuce in a bowl of cold water. Let soak for about 10 minutes to help the leaves separate. Separate the leaves and trim with scissors into 'cups'. Finely chop the chipotles. Chop the garlic. Trim and thinly slice the red onion, top to bottom. Cut one lime in half and the other into wedges. Cut the avocado in half and remove the pit, scoop out the flesh, and cut into thin wedges. Separate cilantro into sprigs.

Heat a medium frying pan over medium-high heat. Once hot, add the vegetable oil and the ground chicken. While cooking, stir and break up the meat. Once cooked through\*, add the garlic and cook another 30 seconds. Add the chipotles, sugar, salt, and juice from half of the lime. Cook another 30 seconds. Adjust seasoning and add more lime to taste.

Serve the chicken mixture with the lettuce cups, onions, avocado, cilantro, and lime wedges and let your guests build their own lettuce wraps.

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

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

**Dietitian Pick, Diabetes Appropriate, Heart Healthy**

### Nutritional Information (Per serving):

Calories **290**, Fat **12g**, Sat Fat **1.5g**, Trans Fat **0g**, Cholesterol **70mg**, Sodium **370mg**, Total Carbohydrate **20g**, Fiber **8g**, Sugars **8g**, Protein **31g**

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.

## **Pork with Sweet Potatoes and Pears**

Serves: 4

Prep Time: 10 min.

Cook Time: 35 min.

Total Time: 45 min.

### **Ingredients:**

1 lb. yams

1 lb. red pears

1 bunch kale

2 tsp. chopped Nature's Basket organic thyme

4 (6-oz.) Giant Eagle boneless center cut pork loin chops

1 1/8 tsp. kosher salt, divided

5/8 tsp. ground black pepper, divided

1 Tbsp. Market District extra virgin olive oil, divided

2 Tbsp. Giant Eagle Clover Honey

2 Tbsp. Nature's Basket organic apple cider vinegar

### **Directions:**

Preheat oven to 450°F. Cut sweet potatoes in half across the middle then cut into wedges. Cut the pears into quarters then trim out the core and stem, cut each quarter in half lengthwise. Remove the stems from the kale and roughly chop. Season each pork chop with ¼ teaspoon salt, a pinch of pepper, and ¼ teaspoon of chopped thyme.

Toss the sweet potato wedges with 1 teaspoon of olive oil and a pinch of salt and pepper. Spread on a non-stick or foil-lined sheet pan and place in oven. Roast for 10 minutes, then add the pears. Toss with the sweet potatoes and roast another 10 minutes or until potatoes are tender. Add the kale, honey, 1 teaspoon of chopped thyme and the apple cider vinegar. Toss all together and roast another 5 minutes.

While the potatoes are cooking, heat a large frying pan over medium-high heat. Once hot, add 2 teaspoons extra virgin olive oil and the seasoned pork chops. Cook on one side for about 3-4 minutes or until nicely browned. Turn the chops over and cook on the second side for another 3-4 minutes\*.

Serve the pork chops with the roasted potatoes, pears, and kale.

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

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

**Dietitian Pick, Diabetes Appropriate**

### **Nutritional Information (Per serving):**

Calories **510**, Fat **20g**, Sat Fat **7g**, Trans Fat **0g**, Cholesterol **95mg**, Sodium **710mg**, Total Carbohydrate **47g**, Fiber **8g**, Sugars **26g**, Protein **38g**

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.

## Stuffed Eggplant

Serves: 4

Prep Time: 30 min.

Cook Time: 20 min.

Total Time: 50 min.

### Ingredients:

2 eggplants

2 5/8 tsp. kosher salt, divided

1 red onion

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

4 cloves garlic

2 lemons

2 Tbsp. Market District extra virgin olive oil, divided

1 lb. Nature's Basket 90% lean ground beef

1 tsp. ground cinnamon

2 tsp. Market District ground cumin

1 Tbsp. paprika + additional for garnish

½ cup chicken broth

1/8 tsp. ground black pepper

### Directions:

Preheat oven to 425°F. Cut the eggplants in half lengthwise then score the flesh in a crisscross pattern about ¼-inch deep. Rub the cut surfaces with 2 teaspoons of salt and place in a colander to drain for 20 minutes. Peel and thinly slice the red onion from top to bottom. Pick the mint leaves from the stems. Chop the garlic. Cut the lemons into wedges.

Brush any extra salt from the eggplant and place, cut side up, on a non-stick or foil-lined sheet pan and drizzle with 2 teaspoons of olive oil. Place in oven and roast until tender, about 20 minutes.

While the eggplant is roasting, heat a medium frying pan over medium-high heat. Once hot, add 2 teaspoons of olive oil and the ground beef. Continue to cook, breaking up the beef and stirring occasionally. Once beef is cooked\*, add the chopped garlic, the cinnamon, cumin, paprika, and ½ teaspoon of salt and continue to cook another minute. Add the chicken stock and cook until reduced by half, about 3 minutes.

Place the sliced red onion and mint leaves in a small bowl and squeeze two of the lemon wedges overtop. Add a pinch of salt and pepper and 2 teaspoons of olive oil and toss.

Top the eggplants with the ground beef mixture then the mint salad. Sprinkle with additional paprika and serve with lemon wedges.

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

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

### Nutritional Information (Per serving):

Calories **340**, Fat **17g**, Sat Fat **5g**, Trans Fat **0g**, Cholesterol **70mg**, Sodium **1440mg**, Total Carbohydrate **25g**, Fiber **7g**, Sugars **8g**, Protein **25g**

## Thanksgiving Turkey Burgers

Serves: 4

Prep Time: 10 min.

Cook Time: 15 min.

Total Time: 25 min.

### Ingredients:

2 cups prepared Stove Top stuffing for turkey or leftover stuffing

1 head green leaf lettuce

1 lb. Nature's Basket ground turkey

2 Giant Eagle large eggs

2 tsp. vegetable oil

4 St. Pierre brioche burger buns

1 cup Heinz gravy – home-style roasted turkey

1 cup Giant Eagle whole berry cranberry sauce

### Directions:

Prepare stuffing according to the package directions or use leftover stuffing. Let cool to room temperature. Separate the lettuce leaves, wash and pat dry.

Combine stuffing with ground turkey and eggs. Divide mixture into 4 patties. Heat a large frying pan over medium-high heat. Once hot, add vegetable oil. Add turkey patties and cook, turning occasionally, until nicely browned and cooked through\*, about 6 minutes per side.

While the turkey burgers are cooking, toast the brioche buns and heat the gravy in a small saucepan.

Spread the bottom bun with cranberry sauce, then layer on the lettuce, turkey burger, gravy, and the top bun. Serve with lots of napkins.

\*For food safety, cook ground turkey to an internal temperature of 165°F.

### **ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free**

#### **Nutritional Information (Per serving):**

Calories **700**, Fat **28g**, Sat Fat **9g**, Trans Fat **0g**, Cholesterol **220mg**, Sodium **1050mg**, Total Carbohydrate **80g**, Fiber **4g**, Sugars **30g**, Protein **35g**

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## Christmas Stuffed Shells

Serves: 6

Prep Time: 10 min.

Cook Time: 30 min.

Total Time: 40 min.

### Ingredients:

10-oz. Birdseye chopped frozen spinach

1 Tbsp. Market District extra virgin olive oil, divided

1 lb. Giant Eagle bulk Italian sausage

8-oz. Market District goat cheese log

16-oz. Giant Eagle jumbo shells

45-oz. jar Ragu Old World style plain tomato sauce

14-oz. can Giant Eagle tomato + garlic diced tomatoes

1 cup Giant Eagle shredded Mozzarella

¼ cup DeLallo basil pesto topping

### Directions:

Preheat oven to 425°F. Bring a large pot of salted water to a boil. Follow package directions to cook spinach in microwave and then let cool before squeezing out excess water.

Heat 2 teaspoons of olive oil in a frying pan on medium. Once heated, add the Italian sausage. Cook for 5-6 minutes, or until browned and cooked through\*. Drain off excess fat. In a large mixing bowl, combine the cooked sausage, goat cheese, and spinach. Mix until well combined.

Place shells in boiling water and cook for 8 minutes. Strain shells and then toss with 1 teaspoon of olive oil. Separate the shells on a sheet tray so they do not stick to each other. Use a spoon to stuff the shells with the sausage filling. Each shell should get a heaping tablespoon.

Mix the Ragu and the diced tomatoes on the bottom of a baking sheet. Arrange the filled shells on top of the sauce and sprinkle with the Mozzarella cheese. Place in preheated oven for 10-12 minutes or until shells start to turn golden brown. Remove from oven, drizzle with pesto and enjoy!

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

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

### Nutritional Information (Per serving):

Calories **770**, Fat **32g**, Sat Fat **12g**, Trans Fat **0g**, Cholesterol **60mg**, Sodium **1790mg**, Total Carbohydrate **82g**, Fiber **9g**, Sugars **14g**, Protein **34g**

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