

New Orleans Style BBQ Shrimp

Serves: 4

Prep Time: 20 min.

Cook Time: 20 min.

Total Time: 40 min.

Ingredients:

8 cloves garlic

2 lemons

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

4 vine-ripe tomatoes

½ cup Giant Eagle unsalted butter

1½ lbs. Nature's Basket extra-large peeled & deveined raw shrimp, thawed

1 Tbsp. McCormick Gourmet Cajun seasoning

1½ cups long grain white rice

4 tsp. Market District extra virgin olive oil, divided

5 bay leaves

¼ cup Giant Eagle savory Worcestershire sauce

½ tsp. kosher salt

¼ tsp. ground black pepper

Directions:

Chop the garlic. Juice one of the lemons into a small bowl and cut the other lemon lengthwise and then into thin slices. Chop the thyme (you will need about 2 teaspoons). Slice the tomatoes and arrange on a plate or platter. Cut the butter into 8 pieces. Pat the shrimp with a paper towel to dry and then toss with the Cajun seasoning.

Combine the rice in a small pot with 2¼ cups water. Cover and bring to a boil. Reduce the heat to low and simmer for 20 minutes. Turn off the heat and let stand 5 minutes before removing cover and fluffing rice with a fork.

While the rice is cooking, heat a large frying pan over medium-high heat. Once hot, add 2 teaspoons of olive oil and the shrimp. Let the shrimp brown on one side without moving for about 2 minutes. Once brown on the first side, turn the shrimp over and add the garlic, chopped thyme, bay leaves, and lemon slices to the pan. Sauté until the garlic softens, about 1 minute. Add the lemon juice, Worcestershire sauce, and the butter pieces. Continue to cook, stirring occasionally until the shrimp is cooked through* and the butter has melted into the sauce, about 2 minutes. Remove the bay leaves.

Season the sliced tomatoes with salt and pepper and drizzle with remaining olive oil. Serve the shrimp with the boiled rice and sliced tomatoes.

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

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

Nutritional Information (Per serving):

Calories **640**, Fat **29g**, Sat Fat **15g**, Trans Fat **1g**, Cholesterol **255mg**, Sodium **1590mg**, Total Carbohydrate **65g**, Fiber **3g**, Sugars **4g**, Protein **32g**

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.

Chicken Breast with Romesco sauce

Serves: 4

Prep Time: 20 min.

Cook Time: 35 min.

Total Time: 55 min.

Ingredients:

1 lb. Giant Eagle Yukon Gold potatoes

3-4 leeks

1 head frisee

4 boneless, skinless chicken breasts

$\frac{3}{4}$ tsp. kosher salt, divided

2 Tbsp. smoked paprika, divided

$\frac{1}{2}$ cup + 4 tsp. Market District extra virgin olive oil, divided

$\frac{1}{8}$ tsp. ground black pepper

2 Tbsp. Giant Eagle Italian-style tomato paste

$\frac{1}{2}$ cup Giant Eagle roasted red peppers

4 cloves garlic

$\frac{1}{2}$ cup Blue Diamond almonds - lightly salted, divided

2 Tbsp. Colavita wine vinegar - aged red, divided

Directions:

Preheat oven to 450°F. Heat grill. Slice potatoes $\frac{1}{4}$ -inch thick. Trim the leeks, split lengthwise and rinse. Trim the root from the frisee, then wash and dry the leaves. Season the chicken breasts with $\frac{1}{4}$ teaspoon of salt and $\frac{1}{4}$ teaspoon of smoked paprika.

Toss the sliced potatoes with 2 teaspoons of olive oil and a pinch of salt and pepper. Spread in an even layer on a foil-lined or non-stick sheet pan. Place in oven and roast until tender, about 20 minutes.

Combine $\frac{1}{4}$ teaspoon salt, the tomato paste, roasted peppers, garlic, remaining smoked paprika, half the almonds, and the red wine vinegar (reserve 1 teaspoon to dress the salad later) in the jar of a blender and blend until smooth. Slowly drizzle in $\frac{1}{2}$ cup extra virgin olive oil.

Grill the chicken breasts over medium-high heat for about 15 minutes or until cooked through*. Grill the leeks until tender.

Toss the potatoes with the frisee, remaining almonds, 1 teaspoon of red wine vinegar, 2 teaspoons of extra virgin olive oil and a pinch of salt.

Serve the grilled chicken breast with the potato salad, romesco sauce, and grilled leeks.

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

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

Nutritional Information (Per serving):

Calories **690**, Fat **47g**, Sat Fat **6g**, Trans Fat **0g**, Cholesterol **75mg**, Sodium **590mg**, Total Carbohydrate **39g**, Fiber **11g**, Sugars **6g**, Protein **36g**

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.

Coconut Lime Roasted Chicken

Serves: 4

Prep Time: 1 hr., 15 min.

Cook Time: 1 hr.

Total Time: 2 hrs., 15 min.

Ingredients:

1-oz. ginger

1 lb. carrots

1 lb. Giant Eagle Yukon Gold potatoes

2 limes

½ bunch cilantro

13.66 fl.oz. can Thai Kitchen unsweetened coconut milk

¼ cup Giant Eagle light brown pure sugar

¼ cup soy sauce

1 Nature's Basket fresh chicken, whole bird

Directions:

Preheat oven to 375°F. Slice the ginger. Peel and cut the carrots in half lengthwise. Cut the potatoes into wedges. Grate the zest from the limes and squeeze the juice into a small bowl. Pluck the cilantro leaves.

Combine the sliced ginger with the coconut milk, brown sugar, soy sauce, lime juice, and zest. Place the chicken in a jumbo zip lock bag or a brining bag and add about ½ of the coconut milk mixture. Seal the bag, place on a plate in case it leaks, and let marinate in the refrigerator for at least an hour or up to overnight.

When ready to bake, place the carrots and potato wedges in a roasting pan. Use tongs to remove the marinated chicken and place on top of the potatoes and carrots. Discard any remaining marinade in the bag.

Place in the oven and roast. Baste the chicken every 15 minutes or so with the reserved coconut milk marinade until the chicken is cooked through*, about an hour. Remove from the oven and let rest at least 10 minutes. Serve with the roasted carrots and potatoes and garnish with the cilantro.

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

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

Nutritional Information (Per serving):

Calories **840**, Fat **44g**, Sat Fat **22g**, Trans Fat **0g**, Cholesterol **180mg**, Sodium **1090mg**, Total Carbohydrate **48g**, Fiber **6g**, Sugars **20g**, Protein **61g**

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.

Beef Stuffed Sweet Potatoes

Serves: 4

Prep Time: 10 min.

Cook Time: 1 hr.

Total Time: 1 hr. 10 min.

Ingredients:

4 sweet potatoes

3 cloves garlic

½ bunch cilantro

15.5-oz. can Giant Eagle chickpeas

2 tsp. Market District extra virgin olive oil

1½ lbs. ground beef 80% lean

1 Tbsp. Market District ground cumin

14.5-oz. can Hunt's choice cut diced tomatoes

½ cup drained Gaea Greek pitted green olives

½ tsp. kosher salt

½ tsp. ground black pepper

¼ cup Giant Eagle crumbled Feta

Directions:

Preheat oven to 375°F. Clean sweet potatoes well and prick with a fork. Place in oven and bake for 45-60 minutes or until tender. Peel and roughly chop the garlic. Roughly chop the cilantro leaves. Drain and rinse the chickpeas.

While the potatoes bake, heat olive oil in a frying pan on medium. Once heated, add the ground beef. Cook for 5-6 minutes* and drain off excess fat. Add chopped garlic and cumin and cook for 1 minute. Then add diced tomatoes and cook for 3-4 minutes. Stir in the chickpeas, green olives, salt, and pepper.

Cut the sweet potatoes down the middle and fluff the inside with a fork. Spoon the beef mixture on top of the sweet potatoes and garnish with the chopped cilantro and crumbled Feta.

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

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

Nutritional Information (Per serving):

Calories **590**, Fat **28g**, Sat Fat **9g**, Trans Fat **1g**, Cholesterol **110mg**, Sodium **1140mg**, Total Carbohydrate **46g**, Fiber **10g**, Sugars **13g**, 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.

Chicken and Tomato Soup

Serves: 6

Prep Time: 10 min.

Cook Time: 45 min.

Total Time: 55 min.

Ingredients:

12-oz. zucchini

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

1 lb. boneless skinless chicken thighs

1 qt. Giant Eagle no salt added chicken broth

26-oz. jar Pasta Too original pasta sauce

14.5-oz. can Hunt's choice cut diced tomatoes

8-oz. Barilla elbows pasta

¼ tsp. kosher salt

¼ tsp. ground black pepper

8-oz. Giant Eagle whole milk Ricotta

1-oz. BelGioioso Parmesan

2 tsp. Market District extra virgin olive oil

Directions:

Cut the zucchini into ½-inch dice. Separate the basil leaves from the stems and roughly chop. Cut the chicken thighs into ½-inch cubes.

Place the chicken, chicken broth, tomato sauce, and diced tomatoes in a large stock pot. Bring to a boil then reduce the heat to a simmer and cook until the chicken is cooked through* and tender, about 25 minutes.

Add the elbow pasta and zucchini and simmer until the pasta and zucchini are tender, about 7 minutes. Season soup with salt and pepper.

Ladle the soup into individual bowls and garnish with the basil, ricotta, grated Parmesan, and a drizzle of olive oil.

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

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

Nutritional Information (Per serving):

Calories **470**, Fat **20g**, Sat Fat **8g**, Trans Fat **0g**, Cholesterol **100mg**, Sodium **800mg**, Total Carbohydrate **46g**, Fiber **4g**, Sugars **9g**, Protein **25g**

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.