

Chicken Apple Sausage with Arugula Salad

Serves: 4

Prep Time: 10 min.

Cook Time: 25 min.

Total Time: 35 min.

1 lb. Yukon gold potatoes

½ lb. Brussels sprouts

1 (10-oz.) pkg. Gilbert's® bourbon apple chicken sausage

2 Tbsp. Market District extra virgin olive oil

Pinch salt & pepper

½ cup Giant Eagle apple cider

¼ cup Maille whole grain Dijon mustard

2 cups Nature's Basket arugula

1 Granny Smith apple, cut into thin slices

3 Tbsp. Market District Vidalia onion vinaigrette

1. Preheat oven to 425°F. Slice potato into ¼-inch rounds. Remove ends from Brussels sprouts and cut in half. Make 3-4 slices half way through the sausage (see photo for reference).
2. Toss potatoes and Brussels sprouts olive oil along with salt and pepper, then spread evenly on a sheet tray. Place in oven and cook for 15 minutes.
3. Meanwhile, in a sauce pot combine apple cider with mustard and bring to a boil, cook until the cider is reduced by half. Spoon this over the sausages, top vegetables with sausages and return to oven for 10 more minutes.
4. In a mixing bowl, toss together arugula, sliced apples and vinaigrette. Serve roasted vegetables and sausage with salad and enjoy.

Chicken Apple Sausage

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

Nutritional Information (Per serving):

Calories 400, Fat 17g, Sat. Fat 3g, Trans Fat 0g, Cholesterol 60mg, Sodium 960mg, Total Carbohydrate 43g, Fiber 5g, Sugars 17g, Protein 17g

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.

Tuscan Beef Stew

Serves: 6

Prep Time: 10 min.

Cook Time: 3 hrs.

Total Time: 3 hrs. 10 min.

4 lb. Market District beef chuck shoulder roast
2 Tbsp. + 2 tsp. Market District extra virgin olive oil, divided
1 (28-oz.) can Giant Eagle crushed tomatoes
½ cup Melissa's® garlic, peeled
4 Market District bay leaves
2½ tsp. salt, divided
3 Tbsp. Market District black pepper, coarse ground
½ bunch Nature's Basket sage, roughly chopped
1½ cups red wine, divided
1½ cups Market District dry polenta
3 cups fresh broccoli

1. Cube beef into 1-inch cubes. Trim away any excess fat. Heat 2 tablespoons of olive oil in a large stock pot over high heat. Add the cubed beef and sear on all sides until well browned, you may need to do this in batches.
2. Once the beef is browned, drain off any excess fat and add in crushed tomatoes, whole garlic cloves, bay leaves, 1 teaspoon salt, pepper, sage and 1 cup of red wine. (It is a lot of pepper, it will mellow in the long cooking.) Bring to a boil and reduce the heat to very low, cover and simmer for about 2 hours, stirring occasionally. Alternately, place the covered pot in a 350°F oven for 2 hours.
3. After 2 hours, remove the lid and add remaining ½ cup red wine. Continue to simmer until the sauce has reduced to a thick consistency and the beef is tender, and has reached a minimum internal temperature of 145°F, about 30 minutes.
4. While the beef is cooking, bring 6 cups of water to a boil in a medium saucepan. Once boiling, whisk in dry polenta. Once the mixture returns to a boil, reduce the heat and simmer 20 minutes, stirring occasionally. Season the polenta with 1 teaspoon of salt.
5. While the polenta is cooking, preheat the oven to 450°F. Toss the broccoli florets with 2 teaspoons of olive oil and ½ teaspoon of salt. Place on a sheet pan and roast in the oven until tender and lightly browned on the edges, approximately 10 minutes.
6. Serve the beef stew with the polenta and roasted broccoli.

Tuscan Beef Stew

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

Nutritional Information (Per serving):

Calories 1140, Fat 54g, Sat. Fat 19g, Trans Fat 2g, Cholesterol 285mg, Sodium 1350mg, Total Carbohydrate 71g, Fiber 4g, Sugars 7g, Protein 81g

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Reference. Actual nutritional values may vary due to preparation techniques, variations related to

suppliers, regional and seasonal differences, or rounding.

Winter Squash Risotto

Serves: 4

Prep Time: 5 min.

Cook Time: 30 min.

Total Time: 35 min.

2 (32-fl.-oz.) pkg. Market District vegetable stock

12-14 Nature's Basket sage leaves

1 yellow onion

16 oz Giant Eagle diced butternut squash, divided

2 Tbsp. Market District extra virgin olive oil, divided

Salt & pepper

1 cup Giant Eagle Arborio rice

1 cup Libby's® pure pumpkin

3 Tbsp. Giant Eagle unsalted butter

½ cup Giant Eagle shredded Parmesan cheese, divided

1. Preheat oven to 400°F.
2. Pour vegetable stock into a pot and bring to a boil. Remove leaves from sage. Peel onion and dice into ¼-inch pieces.
3. Toss butternut squash and sage leaves in 1 tablespoon of olive oil and salt and pepper. Spread in a single layer on a sheet tray and place in oven for 15-20 minutes.
4. Heat 1 tablespoon of olive oil in a pot for one minute on medium heat and add onions. Cook for 3-4 minutes or until onions are tender. Add arborio rice and cook for 30 seconds more. Pour in 2-3 ladles of the hot veggie stock and stir until broth is absorbed, then repeat. Once half-way through the stock, add pumpkin puree. About 25 minutes into the process check the rice for tenderness. Continue to ladle in broth until the rice reaches the perfect texture (you may end up with leftover broth). When the rice is ready, fold in half of the roasted butternut squash, sage leaves, butter, half of the parmesan and a pinch of salt and pepper. Taste for seasoning.
5. Spoon the risotto into bowls and top with the remaining roasted butternut squash and Parmesan.

Winter Squash Risotto (**Vegetarian**)

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

Nutritional Information (Per serving):

*Calories **490**, Fat **19g**, Sat. Fat **8g**, Trans Fat **0g**, Cholesterol **40mg**, Sodium **930mg**, Total Carbohydrate **74g**, Fiber **6g**, Sugars **16g**, Protein **11g***

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Reference. Actual nutritional values may vary due to preparation techniques, variations related to

suppliers, regional and seasonal differences, or rounding.

White Bean Turkey Chili

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

- 1 Tbsp. Market District extra virgin olive oil
- 3 cloves garlic, finely minced
- 1 yellow onion, finely diced, divided
- Pinch salt & pepper
- 1 lb. Giant Eagle ground turkey
- 1 (1.25-oz.) packet McCormick® white chicken chili seasoning mix
- 1 (4.25-oz.) can Chi-Chi's® diced fiesta green chilies
- 1 (15.5-oz.) can Giant Eagle cannellini beans, drained & rinsed
- 1 cup Giant Eagle shredded sharp Cheddar cheese
- ¼ bunch fresh cilantro, finely chopped

1. In a pot, heat olive oil on high for one minute. Add in garlic and onions (reserve 4 tablespoons of onions for garnish) and a pinch of salt and pepper. Sauté onions and garlic for 2-3 minutes then add in ground turkey. Cook for another 4-5 minutes until turkey is browned and has reached a minimal internal temperature of 165°F then add in the seasoning packet and green chilis. Bring to a simmer, then add in 4 cups of water, the beans and a large pinch of salt and pepper. Bring chili to a boil and lower to a simmer for an additional 10 minutes.
2. Ladle chili into bowls and top with cheddar cheese, diced onions and cilantro.

White Bean Turkey Chili

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

Nutritional Information (Per serving):

Calories 490, Fat 28g, Sat. Fat 10g, Trans Fat 0g, Cholesterol 115mg, Sodium 1180mg, Total Carbohydrate 28g, Fiber 4g, 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.

Shrimp Salad with Berries, Lemon and Fennel

Serves: 4

Prep Time: 15 min.

Total Time: 15 min.

1 (24-oz.) bag Nature's Basket jumbo peeled & deveined cooked shrimp

1 bulb fresh fennel

1 (6-oz.) pkg. fresh raspberries

1 (6-oz.) pkg. fresh blackberries

1 lemon

¼ cup Market District extra virgin olive oil

Salt and pepper

5 oz. Nature's Basket organic sweet baby lettuce

1. Thaw shrimp in the refrigerator overnight or in cold running water, drain well.
2. Trim the top of the fennel bulb, reserve the green fronds and coarsely chop. Thin slice the trimmed fennel bulb and soak in ice water for 10 minutes. If the berries are large cut them in half.
3. Zest and juice the lemon into a small bowl. Whisk in olive oil. Add in the chopped fennel fronds and season with salt and pepper.
4. Toss the greens, shrimp, fennel, berries and dressing all together.

Shrimp Salad with Berries, Lime, and Fennel

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

Nutritional Information (Per serving):

Calories 390, Fat 17g, Sat. Fat 3g, Trans Fat 0g, Cholesterol 360mg, Sodium 1740mg, Total Carbohydrate 19g, Fiber 8g, Sugars 7g, Protein 41g

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.