

Spicy Tuna Rice Bowl

Serves: 4

Prep Time: 15 min.

Cook Time: 2 min.

Total Time: 17 min.

Ingredients:

1 jalapeño

½ bunch cilantro

½ seedless cucumber

1 cup Giant Eagle matchstick carrots

½ bunch green onions

1 avocado

4 packets Starkist tuna creations sweet & spicy tuna

½ cup Giant Eagle mayonnaise

2 each Uncle Ben's ready rice, jasmine rice

½ cup fresh gourmet wonton strips

Directions:

Start by thinly slicing jalapeño. Roughly chop cilantro. Julienne cucumber to match the size of the carrots and mix together. Thinly slice green onion.

Cut avocado in half and remove pit. Using a large spoon remove the avocado from the skin and then cut into thin slices.

In a large bowl, combine the tuna with the mayo, half of the green onion, half of the cilantro and desired amount of jalapeño, depending on how spicy you like it. Mix until the mayo and tuna are well combined. Place in fridge while preparing the rest of the meal.

Tear a two inch vent in the rice pouch at the corner. Place in microwave for 90 seconds. Once cooked, transfer to a bowl and combine with the remaining green onions.

Spoon rice into the bottom of a bowl, top with the tuna salad, cucumber mixture, crispy wontons, avocado and garnish with remaining cilantro. If you like it spicier, add a few slices of jalapeno.

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

Nutritional Information (Per serving):

Calories 510, Fat 18g, Sat. Fat 2g, Trans Fat 0g, Cholesterol 35mg, Sodium 620mg, Total Carbohydrate 64g, Fiber 5g, Sugars 9g, Protein 23g

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.

BLT Spaghetti

Serves: 4

Prep Time: 5 min.

Cook Time: 25 min.

Total Time: 30 min.

Ingredients:

1½ tsp. kosher salt, divided

8 slices Giant Eagle thick cut bacon

1 Belgioioso wedge Parmesan

2 cloves garlic

¼ tsp. crushed red pepper

24 oz. jar Market District tomato basil sauce

¼ tsp. ground black pepper

16 oz. box Giant Eagle spaghetti

1 Tbsp. Market District extra virgin olive oil

2 cups Nature's Basket arugula

Directions:

Bring a large pot of water to a boil with 1 teaspoon of salt. Slice bacon in half lengthwise and then dice. Grate desired amount of Parmesan for garnish. Peel and finely chop garlic.

In a large stock pot, add diced bacon to the cold pan and put on medium heat. Slowly cook bacon until crispy. This should take 4-5 minutes. Once bacon is crispy, add garlic and chili flakes and cook for another minute. Add tomato sauce and lower heat. Add ½ teaspoon of salt and ¼ teaspoon of pepper. Simmer sauce for another 10-15 minutes.

While the sauce comes together, cook your pasta. Add the spaghetti to the boiling water and cook for nine minutes. Strain and toss with olive oil. Transfer pasta to pot with sauce and mix everything together until incorporated.

Plate pasta and garnish with arugula and Parmesan cheese.

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

Nutritional Information (Per serving):

Calories 720, Fat 23g, Sat. Fat 5g, Trans Fat 0g, Cholesterol 20mg, Sodium 1550mg, Total Carbohydrate 100g, Fiber 5g, Sugars 12g, Protein 26g

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Sheet Pan Chicken

Serves: 4

Prep Time: 10 min.

Cook Time: 25 min.

Total Time: 35 min.

Ingredients:

1¼ lb. Giant Eagle boneless-skinless chicken thighs

8 oz. red grapes

8 oz. green grapes

6 oz. Gaea Greek harvest pitted green olives

2 ea. fennel bulbs

1 Tbsp. Market District smoked paprika

2 tsp. kosher salt

½ tsp. ground black pepper

1 Tbsp. Market District extra virgin olive oil

Directions:

Preheat oven to 500°F. Cut the chicken thighs into 1-inch cubes. Remove grapes from their stems and rinse. Cut the olives in half. Remove the frilly green leaves from the fennel and roughly chop. Remove the stems from the fennel bulbs and discard. Cut the fennel bulbs in half and remove the core, cut the halves into thin wedges.

Toss the chicken, fennel and olives in a large bowl with the smoked paprika, salt, pepper and olive oil; spread onto a non-stick or foil lined sheet pan.

Bake for about 20 minutes or until the chicken is lightly browned and reaches a minimum internal temperature of 165°F. Toss the grapes on top of the chicken and continue to roast another 5 minutes.

Remove from oven and scatter with the roughly chopped fennel tops.

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

Nutritional Information (Per serving):

Calories 380, Fat 19g, Sat. Fat 4g, Trans Fat 0g, Cholesterol 130mg, Sodium 1790mg, Total Carbohydrate 31g, Fiber 7g, Sugars 22g, Protein 27g

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Chicken Cordon Bleu Pot Pie

Serves: 4

Prep Time: 5 min.

Cook Time: 30 min.

Total Time: 35 min.

Ingredients:

1 sheet (½ box) Pepperidge Farm puff pastry sheets
1¼ lb. Giant Eagle boneless, skinless chicken breasts
1 Tbsp. Market District extra virgin olive oil
8 oz. Giant Eagle Life's Getting Fresher sliced white mushrooms
¼ cup all-purpose flour
1 qt. Giant Eagle chicken broth
1 egg
4 oz. Giant Eagle fancy shredded Swiss cheese
8 oz. (1/2 bag) Giant Eagle frozen green peas
4 oz. Giant Eagle smoked black forest ham
1 cup Giant Eagle heavy cream
1 tsp. kosher salt
¼ tsp. ground black pepper

Directions:

Preheat oven to 450°F. Thaw **puff pastry** in refrigerator. Dice **chicken** into ½-inch cubes. Cut **ham** into thin strips.

Heat **olive oil** in a large saucepan over medium high heat. Once hot, add chicken and sauté, stirring occasionally, until lightly browned. Add **sliced mushrooms** and continue to sauté until the mushrooms have softened a little. Add **flour** and stir to coat the chicken. Add **chicken broth** and whisk to combine. Bring to a boil, whisking occasionally. Reduce heat to a simmer for 15 minutes, or until chicken reaches a minimum internal temperature of 165°F.

While chicken is simmering, cut the pastry into 4 circles the same diameter as the bowl you will serve the chicken in. Place the circles on parchment lined sheet pans. Use any trimmings to decorate the circles if you like.

In a small bowl, whisk the **egg** with 1 tablespoon of water until smooth. Using a pastry brush, brush the egg wash on the pastry. Bake until golden brown and puffed, about 15 minutes. Reduce the heat of the oven to 325°F and continue to cook another 10 minutes to crisp up the pastry.

Once the chicken has simmered 15 minutes, whisk in the **Swiss cheese** until smooth. Stir in **peas**, ham and **cream**. Adjust the seasoning with salt and black pepper.

Ladle the chicken stew into 4 bowls and top with the baked pastry.

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free

Nutritional Information (Per serving):

Calories 850, Fat 55g, Sat. Fat 29g, Trans Fat 1g, Cholesterol 230mg, Sodium 2040mg, Total Carbohydrate 44g, Fiber 5g, Sugars 8g, Protein 54g

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Shepherd's Meatloaf

Serves: 4

Prep Time: 10 min.

Cook Time: 40 min.

Total Time: 50 min.

Ingredients:

1 yellow onion

2 Giant Eagle large eggs

3-4 sprigs Nature's Basket thyme

1 package Giant Eagle homestyle mashed potatoes

1 Tbsp. olive oil

2 Tbsp. Giant Eagle savory Worcestershire sauce

1 cup frozen Giant Eagle mixed vegetables

1 lb. ground beef 80/20

½ cup Market District panko bread crumbs

½ tsp. salt

¼ tsp. of pepper

1/2 Tbsp. canola oil

Directions:

Preheat oven to 375°F. Peel and dice onion into ¼-inch pieces. Crack and whisk eggs. Remove thyme leaves from sprigs. Follow microwave instructions for mashed potatoes.

Heat olive oil in a sauté pan on high for one minute. Add onions and cook for 4-5 minutes or until onions are tender. Turn off heat and add Worcestershire sauce and thyme leaves. Fold in frozen veggies to cool mixture down.

In a bowl, combine ground beef, bread crumbs, eggs, salt and pepper. Mix until everything is well combined. Gently fold in the onion vegetable mixture.

If you have a loaf pan, use that; if not, free forming the meatloaf will work great too. If using a loaf pan, rub the inside with ½ teaspoon of canola oil and pack meatloaf into pan. If free forming, shape meatloaf into a uniform log on a sheet pan greased with ½ Tbsp of canola oil. Place in preheated oven for 20 minutes. Remove from oven- if using a loaf pan remove meatloaf from pan and place on sheet tray. Spread meatloaf with mashed potatoes making sure it is in an even layer. Place back in oven for 15 minutes, or until it reaches a minimum internal temperature of 160°F.

After Meatloaf has rested for 5 minutes, slice and serve!

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free

Nutritional Information (Per serving):

Calories 550, Fat 30g, Sat. Fat 11g, Trans Fat 0.5g, Cholesterol 180mg, Sodium 1030mg, Total Carbohydrate 41g, Fiber 3g, Sugars 6g, Protein 29g

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