

Thai-Style Wings

Serves: 4

Prep Time: 10 min.

Cook Time: 25 min.

Total Time: 35 min.

Ingredients:

2 lbs. Nature's Basket chicken wings

2 Tbsp. McCormick organic curry powder

1 tsp. kosher salt, divided

1 tsp. ground black pepper, divided

¼ cup Marukan rice vinegar

2 Tbsp. sugar

1 Tbsp. Market District extra virgin olive oil

½ red onion, julienned

1 seedless cucumber, thinly sliced with mandolin

1 11.8-oz bottle Market District Thai-style sweet chili wing sauce

½ bunch green onions, thinly sliced

1 Tbsp. JFC toasted sesame seeds

Directions:

Preheat oven to 425°F. In a large bowl, toss the chicken wings, curry powder, ½ teaspoon of salt, and ¾ teaspoon of pepper until wings are well coated. Arrange wings on a parchment- or foil-lined sheet tray and place in oven. Cook for 12 minutes and then rotate wings. Cook for another 12-15 minutes or until wings appear crispy*.

While the wings are cooking, whisk the rice wine vinegar, sugar, ½ tsp of salt, ¼ tsp of pepper, and olive oil. Add the red onions and cucumbers and mix well.

Place the wing sauce in a large bowl and toss the hot wings in the sauce until fully coated. Sprinkle the wings with the green onions and sesame seeds and serve with the cucumber salad.

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

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

Nutritional Information (Per serving):

Calories **530**, Fat **9g**, Sat Fat **1.5g**, Trans Fat **0g**, Cholesterol **70mg**, Sodium **2000mg**, Total Carbohydrate **83g**, Fiber **3g**, Sugars **78g**, Protein **29g**

Salmon Provencal

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Ingredients:

2 bulbs fennel

4 pc (1½ lbs.) Faroe Island farm-raised salmon

2 tsp. kosher salt

2 tsp. Market District extra virgin olive oil, divided

4 cloves garlic, peeled and sliced

2 14-oz. cans Giant Eagle petite diced tomatoes

2 pinches chili flakes

1 8-fl. oz bottle Bar Harbor clam juice

1 24-oz. bag Market District honey gold potatoes, sliced about ¼-inch thick

⅔ cup mayo

1 lemon, juiced and zested

Directions:

Remove the tops from the fennel bulbs and cut the bulbs in half lengthwise. Cut a 'V' shape to remove the core, then slice into thin strips lengthwise. Remove the leafy green parts from the fennel tops and chop them roughly. Season the salmon with ½ tsp salt per piece.

Heat a large frying pan over high heat. Once hot, add 1 teaspoon of olive oil and place the salmon filets in the pan. Sear on one side. Once brown on one side, remove from the pan and set aside.

Wipe the pan clean and return to a medium-high heat. Add 1 teaspoon of olive oil and the sliced garlic. Cook until the garlic is soft but not browned. Add the diced tomatoes, chili flakes, clam juice, fennel bulb slices, and sliced potatoes. Cover the pan, bring to boil and reduce heat to low and continue to simmer until the potatoes are tender, about 15 minutes. Return the salmon to the pan and submerge in the sauce and continue to cook until the salmon is cooked through, about 5 minutes*.

Meanwhile, in a small bowl, combine the mayo, lemon juice, zest, and chopped fennel tops, reserving a few pieces of fennel greens for garnish.

Divide the potato-fennel stew evenly and top with the salmon pieces. Divide the fennel mayo sauce between the salmon pieces and garnish with the reserved fennel leaves.

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

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

Nutritional Information (Per serving):

Calories **800**, Fat **49g**, Sat Fat **9g**, Trans Fat **0g**, Cholesterol **110mg**, Sodium **1930mg**, Total Carbohydrate **48g**, Fiber **7g**, Sugars **11g**, Protein **40g**

Italian Mac n' Cheese

Serves: 4

Prep Time: 5 min.

Cook Time: 30 min.

Total Time: 35 min.

Ingredients:

1 lb. box Giant Eagle elbow macaroni

1 16-oz. jar Cheesy Ragu Classic Alfredo

1 14.5-oz. can Hunt's petite diced tomatoes

1 24-oz. jar Bertolli olive oil & garlic tomato sauce

1 16-oz. bag Giant Eagle shredded whole milk low-moisture Mozzarella cheese

1 8-oz. pkg. sliced pepperoni

Directions:

Preheat oven to 425°F. Bring a large pot of water to a boil. Add the macaroni and cook according to package directions. Drain well and combine in a large bowl with the Alfredo sauce and diced tomatoes.

Pour about $\frac{1}{3}$ of the tomato sauce onto the bottom of a 8x12-inch baking dish, top with $\frac{1}{3}$ of the pasta mixture, then $\frac{1}{3}$ of the Mozzarella, and $\frac{1}{3}$ pepperoni. Repeat, layering 2 more times, finishing with the Mozzarella and pepperoni.

Place in the oven and bake until brown and bubbly, about 20 minutes.

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

Nutritional Information (Per serving):

Calories **1370**, Fat **71g**, Sat Fat **33g**, Trans Fat **0g**, Cholesterol **110mg**, Sodium **3250mg**, Total Carbohydrate **117g**, Fiber **2g**, Sugars **24g**, Protein **60g**

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 Mango Salad

Serves: 4

Prep Time: 15 min.

Cook Time: 0 min.

Total Time: 15 min.

Ingredients:

18 oz. (2 pkgs.) Perdue Short Cuts carved chicken breast original roasted

1 bunch cilantro

1 head Bibb lettuce

1 jicama (approx. 1 lb.), peeled and diced into ½-inch cubes

2 mangos, peeled and diced into ½-inch cubes

1 cucumber, diced into ½-inch pieces

1 cup Market District mango coconut habanero sauce

2 limes, cut into wedges

Directions:

Dice the chicken into ½-inch cubes. Destem the cilantro and chop the leaves, reserving a few for garnish. Wash the lettuce and separate into individual leaves.

In a large bowl, combine the chicken, jicama, mango, cucumbers, and chopped cilantro with Market District Mango Coconut Habanero Sauce.

Lay the lettuce leaves on 4 plates and top with the chicken salad. Garnish with the reserved cilantro leaves. Serve the lime wedges and more Market District Mango Coconut Habanero Sauce on the side.

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

Nutritional Information (Per serving):

Calories **440**, Fat **8g**, Sat Fat **2g**, Trans Fat **0g**, Cholesterol **80mg**, Sodium **960mg**, Total Carbohydrate **65g**, Fiber **9g**, Sugars **50g**, Protein **32g**

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Memphis-Style Ribs

Serves: 4

Prep Time: 5 min.

Cook Time: 3 hrs.

Total Time: 3 hrs., 5 min.

Ingredients:

2 racks Giant Eagle baby back ribs

½ cup McCormick Grill Mates sweet & smoky rub, divided

2 cups Giant Eagle 100% gala apple juice

1 cup apple cider vinegar

¼ cup brown sugar

1 20-oz. bottle Market District Memphis-style barbecue sauce

Directions:

Preheat oven to 300°F. Sprinkle ribs completely with ¼ cup of the rub, saving ¼ cup for the basting sauce. Place the ribs on a foil lined sheet pan and place in oven.

Meanwhile, combine the apple juice, apple cider vinegar, brown sugar, and the remaining ¼ cup of the spice rub. Stir until the sugar dissolves.

After the ribs have cooked for 2 hours, use a brush to baste with the apple juice glaze. Baste every 10-15 minutes for another hour or until the ribs are tender to your liking*.

Brush the ribs with barbecue sauce or serve the ribs with the sauce on the side.

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

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

Nutritional Information (Per serving):

Calories **1560**, Fat **84g**, Sat Fat **31g**, Trans Fat **.5g**, Cholesterol **330mg**, Sodium **3040mg**, Total Carbohydrate **93g**, Fiber **0g**, Sugars **78g**, Protein **90g**

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.