

Spaghetti Pie

Serves: 4

Prep Time: 5 min.

Cook Time: 35 min.

Total Time: 40 min.

Ingredients:

2 tsp. Market District extra virgin olive oil, divided

1 lb. ground beef

1 28-oz. can Dei Fratelli crushed tomatoes - concentrated Italian style

1 24-oz. jar Ragu Old World plain sauce

1 lb. Barilla spaghetti

3 eggs

1 bunch Nature's Basket organic basil

8 oz. Belgioioso fresh Mozzarella, cut into ¼-inch thick slices

Directions:

Preheat oven to 450°F. Brush a 10-inch cake pan with 1 teaspoon olive oil.

Heat a large sauté pan over high heat. Once hot, add 1 teaspoon olive oil and ground beef. Break up the beef and stir it occasionally. Once beef is cooked*, add the crushed tomatoes and tomato sauce. Bring to a boil. Remove from the heat and pour into a large bowl.

Meanwhile, bring a large pot of water to a boil and cook the pasta for 5 minutes. Drain the pasta and add to the sauce. Crack the eggs into the bowl, tear ½ bunch of basil into big pieces, and add basil to the mix. Toss everything, making sure the eggs are well mixed. Pour the mixture into the cake pan. Top with Mozzarella slices and place in oven.

Bake for about 25 minutes, or until the cheese is melted and brown in spots. Remove from the oven and let cool for at least 5 minutes before cutting into wedges. Serve with more tomato sauce if desired.

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

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free

Nutritional Information (Per serving):

Calories **1050**, Fat **36g**, Sat Fat **15g**, Trans Fat **.5g**, Cholesterol **250mg**, Sodium **940mg**, Total Carbohydrate **119g**, Fiber **0g**, Sugars **23g**, Protein **55g**

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.

Chinese Meatballs

Serves: 4

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

1 pkg. (5.29 oz.) Dynasty saifun bean threads

1½ lbs. ground beef

8 oz. Nasoya organic firm tofu, drained

2 tsp. + 2 tbsp. Giant Eagle soy sauce

2 oz. ginger, minced

1 bunch green onions, sliced

2 tsp. canola oil

1 qt. Market District chicken stock

½ head Napa cabbage, cut into 1x1-inch squares

Directions:

Soak the noodles in cold water until soft, about 10 minutes.

Combine the beef with tofu, 2 teaspoons of soy sauce, half of the ginger, and half the green onions. Mix together well. Measure into 1/3 cup portions and shape into meatballs.

In a large frying pan, heat 2 tsp. canola oil over medium-high heat. Once hot, place the meatballs in the pan. You may have to do this in batches if all the meatballs do not fit. Brown on all sides, turning occasionally, about 10 minutes.

Meanwhile, combine chicken stock with the remaining minced ginger, 2 tablespoons of soy sauce, and the Napa cabbage. Bring to a boil and reduce heat to a simmer.

Once the meatballs are browned*, add them to the simmering stock. Add in the drained noodles and cook until the noodles become tender, about 5 minutes.

Remove from the heat and divide between 4 bowls and garnish with the remaining sliced green onion.

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

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

Nutritional Information (Per serving):

Calories **560**, Fat **24g**, Sat Fat **8g**, Trans Fat **1g**, Cholesterol **105mg**, Sodium **1150mg**, Total Carbohydrate **40g**, Fiber **3g**, Sugars **1g**, Protein **42g**

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Strip Steak with Potato Wedges

Serves: 4

Prep Time: 10 min.

Cook Time: 30 min.

Total Time: 40 min.

Ingredients:

½ cup Maple Grove Farms balsamic vinaigrette dressing, divided

2 yellow onions, peeled and sliced ¼-inch thick

4 russet potatoes, cut into 6 wedges each

3 tbsp. McCormick grill mates sweet & smoky rub

Non-stick spray

4 bone-in strip steaks

1 tsp. kosher salt

1 tsp. ground black pepper

2 tsp. Market District extra virgin olive oil

5 oz. Nature's Basket organic baby arugula

Method:

Preheat oven to 450°F. Set aside 2 tablespoons of the balsamic dressing. Toss the onions with the remaining dressing in a shallow baking dish; place in the oven. Cook, stirring occasionally until all the dressing has evaporated and the onions soften and caramelize a bit, about 20 minutes.

Meanwhile, toss the potato wedges with spice rub. Line a sheet pan with aluminum foil and coat with non-stick spray. Place the potato wedges skin side down on the foil and place in oven to roast for 20 minutes or until tender and browned.

Season each steak with ¼ teaspoon of salt and ¼ teaspoon of black pepper. Heat a large frying pan or cast-iron skillet over high heat. Once hot, add olive oil. Then, gently add the steaks and reduce heat to medium-high and cook, turning occasionally, until cooked to your liking, about 15 minutes for medium*.

Toss the arugula with the reserved dressing. Top the steaks with caramelized onions. Serve with the arugula salad and potato wedges.

*For food safety, cook beef 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 **1090**, Fat **55g**, Sat Fat **20g**, Trans Fat **0g**, Cholesterol **260mg**, Sodium **1380mg**, Total Carbohydrate **50g**, Fiber **5g**, Sugars **11g**, Protein **93g**

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Smoked Salmon Ravioli

Serves: 4

Prep Time: 10 min.

Cook Time: 15 min.

Total Time: 25 min.

Ingredients:

1 leek

1 tsp. Market District extra virgin olive oil

2 cups Giant Eagle heavy cream

8 oz. Giant Eagle green peas

½ tsp. kosher salt

1 22-oz. pkg. Giovanni Rana ravioli cheese Delicato

1 pkg. Nature's Basket organic baby dill, roughly chopped

1 8-oz. pkg. Ducktrap smoked salmon, cut into ½-inch wide strips

1 lemon, zested

Directions:

Trim the green part from the leek and split lengthwise, wash away any dirt or grit, slice ¼-inch thick into half rounds.

In a large frying pan, heat olive oil over medium heat, add the leeks and cook, stirring occasionally until soft, about 5 minutes. If they start to brown, reduce the heat. Add the cream and bring to a boil. Boil until reduced by half and starts to thicken, about 5 minutes. Add the peas and salt, turn off heat and set aside.

Meanwhile, bring a large pot of water to a boil and cook the ravioli according to package instructions and drain.

Add the ravioli and chopped dill to the leek and cream mixture and return to a medium heat. Toss gently to coat the ravioli in the sauce.

Divide the ravioli onto 4 plates or bowls. Top with strips of smoked salmon and sprinkle lemon zest over the top of each plate.

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

Nutritional Information (Per serving):

Calories **1040**, Fat **66g**, Sat Fat **35g**, Trans Fat **1.5g**, Cholesterol **220mg**, Sodium **1970mg**, Total Carbohydrate **74g**, Fiber **2g**, Sugars **9g**, Protein **39g**

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.

BBQ Chicken Flautas

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Ingredients:

9 oz defrosted Perdue carved roasted chicken breast

1 cup Giant Eagle frozen sweet corn

½ cup Giant Eagle hickory barbecue sauce

1 cup Giant Eagle shredded Mexican 4 cheese

1 pkg. Giant Eagle soft taco flour tortillas

Giant Eagle cooking spray

16 oz Giant Eagle coleslaw

¼ cup Giant Eagle ranch dressing

1 bunch cilantro, chopped

½ tsp kosher salt

¼ tsp ground black pepper

Directions:

Preheat oven to 375°F. Place chicken in a large bowl and using your hands, break up the pieces. Rinse corn in a colander under warm water for 1-2 minutes to defrost.

Add the barbecue sauce, corn, and cheese to the chicken and mix well. Lay the flour tortillas on a flat surface and place a large spoonful of the mixture in the center of each tortilla. Spread out the mixture, roll up the tortilla, and set aside rolled side down. Spray a sheet tray with pan spray until well-greased and place flautas on pan. Place in the oven and set timer for 8 minutes. After 8 minutes, flip the flautas and return to oven for another 8 minutes or until crispy.

While the flautas are cooking, combine the slaw mix with the ranch, cilantro, salt, and pepper. Mix well and set aside.

Serve the flautas with the slaw. Serve extra barbecue sauce and ranch on the side for dipping!

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free

Nutritional Information (Per serving):

Calories **760**, Fat **28g**, Sat Fat **11g**, Trans Fat **0g**, Cholesterol **70mg**, Sodium **1940mg**, Total Carbohydrate **94g**, Fiber **2g**, Sugars **24g**, Protein **31g**

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