

## T Bone with Homemade Steak Sauce

Serves: 4

Prep Time: 5 min.

Cook Time: 35 min.

Total Time: 40 min.

### Ingredients:

4 T-bone steaks

2 tsp. kosher salt, divided

1 ¾ tsp. ground black pepper, divided

8 oz. mini sweet bell peppers

1 Tbsp. Market District extra virgin olive oil

1 Tbsp. canola oil

1 shallot, peeled and thinly sliced

½ cup Market District balsamic vinegar

½ cup Worcestershire sauce

½ cup Nature's Basket ketchup

2 Tbsp French's Dijon mustard

½ cup Sun-Maid raisins

### Directions:

Season both sides of steaks with ½ teaspoon of salt and pepper. Toss peppers in olive oil with ½ teaspoon of salt and ¼ teaspoon of pepper.

In a small sauce pan, heat canola oil on medium for one minute. Add shallots and cook for 2-3 minutes, stirring frequently until tender. Deglaze pan with balsamic vinegar and Worcestershire sauce and simmer for one minute.

Stir in the ketchup, mustard, and raisins and simmer for 10 minutes. Add ½ cup of water, pour into blender and purée. Return to pan and season with 1 teaspoon of salt and pepper. Cook for another 5 minutes so that everything comes together.

Heat a large grill pan or frying pan on high for one minute. Add T-Bone steaks and cook for 5 minutes on each side\*. Once the steaks are cooked, remove from the pan and add peppers. Cook for 5 minutes or until peppers are slightly charred and tender.

Serve steaks with steak sauce and peppers. Pair with your favorite vegetables or potato dish.

\*For food safety, cook steaks 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 **75g**, Sat Fat **29g**, Trans Fat **4.5g**, Cholesterol **285mg**, Sodium **1130mg**, Total Carbohydrate **14g**, Fiber **1g**, Sugars **7g**, Protein **85g**

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.

## Salmon with Watermelon Pico de Gallo

Serves: 4

Prep Time: 20 min.

Cook Time: 15 min.

Total Time: 35 min.

### Ingredients:

1 small seedless watermelon  
3 tsp. kosher salt, divided  
1 bunch cilantro, chopped  
1 white onion, minced  
1 jalapeño, minced, remove seeds for milder heat  
2 limes  
2 zucchini  
2 yellow squashes  
4 tsp. Market District extra virgin olive oil, divided  
1 tsp. cumin  
2 tsp. chili powder  
4 6-oz. salmon fillets

### Directions:

Preheat oven to 425°F. Peel and dice watermelon into ¼-inch cubes. Place in a medium bowl. Toss with 1 teaspoon of salt and let sit for 10 minutes, then drain well. Add the cilantro, onion, and jalapeño to the watermelon. Add in the juice from one of the limes and stir to combine. Cut the other lime into wedges.

Trim the ends from the squash and zucchini; then slice lengthwise into ¼-inch thick slices. Toss with 2 teaspoons of olive oil, cumin, chili powder, and 1 teaspoon of salt. Lay the squash on a non-stick or parchment-lined sheet pan. Place in oven and roast for 7 minutes.

Season the salmon with a ¼ teaspoon of salt for each piece. Heat a large frying pan over high heat. Once hot, add 2 teaspoons of olive oil and the salmon filets. Reduce heat to medium-high. Sear on one side until browned, about 3 minutes. Turn the salmon over and cook another 3 minutes\*.

Serve the salmon with the roasted squash, watermelon salsa, and lime wedges.

\*For food safety, cook salmon 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 **760**, Fat **27g**, Sat Fat **5g**, Trans Fat **0g**, Cholesterol **95mg**, Sodium **1900mg**, Total Carbohydrate **99g**, Fiber **9g**, Sugars **77g**, Protein **44g**

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.

## Hawaiian Chicken Fried Rice

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

### Ingredients:

1 red bell pepper

2 oz. fresh ginger

½ bunch green onions

2 cups Minute rice

2 Tbsp. canola oil, divided

1 lb. Giant Eagle chicken breast, thinly sliced

20-oz. can Dole pineapple chunks, drained

¼ cup Kikkoman less sodium soy sauce

½ cup frozen peas, defrosted

### Directions:

Bring 2 cups of water to a boil. Remove seeds and stem from bell pepper and cut into ¼-inch dice. Grate ginger on microplane or finely mince. Thinly slice the green onions.

Add the rice to the boiling water, stir, cover with a lid and turn off the heat. Let sit covered for 5 minutes or until water is absorbed. Fluff with a fork.

While the rice is sitting, heat 1 tablespoon of canola oil in a large frying pan or wok for one minute on high. Add the thinly sliced chicken and ginger. Cook for 4-5 minutes stirring frequently. Once cooked\*, remove from the pan.

Heat another tablespoon of canola oil in the same pan on high for one minute. Add the pineapple and red bell peppers and cook for 2-3 minutes. Add the fluffed rice, soy sauce, peas, and chicken back into the pan, stirring well. Turn off the heat and stir in the green onions.

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

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

**Dietitian Pick**

### Nutritional Information (Per serving):

Calories **490**, Fat **10g**, Sat Fat **1.5g**, Trans Fat **0g**, Cholesterol **65mg**, Sodium **650mg**, Total Carbohydrate **67g**, Fiber **3g**, Sugars **21g**, Protein **31g**

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## Hot Honey Oven-Fried Chicken

Serves: 4

Prep Time: 20 min. + 1 hr. marinate time

Cook Time: 25 min.

Total Time: 1 hr., 45 min.

### Ingredients:

1½ lbs. Nature's Basket boneless, skinless chicken thighs  
1 cup Giant Eagle 1% milkfat lowfat cultured buttermilk  
1 Giant Eagle large egg  
1 tsp. kosher salt  
½ tsp. ground black pepper  
½ tsp. cayenne  
2 ears fresh corn  
1 seedless watermelon  
2 cups Market District Japanese-style panko plain bread crumbs  
Giant Eagle vegetable oil cooking spray  
11.8 oz bottle Market District honey hot wing sauce

### Directions:

Preheat oven to 425°F. Trim and cut the chicken thighs into 2-inch cubes. Combine the buttermilk with the egg, salt, pepper, and cayenne to make the marinade. Add the chicken and let marinate for an hour or up to overnight.

Shuck and break corn into 2-inch segments. Cut the watermelon into large triangles.

Drain the chicken and coat, a piece at a time, in the bread crumbs, pressing the crumbs onto the chicken. Place on one side of a non-stick or parchment paper-lined sheet pan. Place the corn on the other side. Spray the chicken and corn with the pan spray.

Roast the chicken and corn until golden brown and cooked through\*, about 25 minutes. Serve the chicken with the hot honey sauce, roasted corn, and watermelon slices.

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

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

### Nutritional Information (Per serving):

Calories **830**, Fat **14g**, Sat Fat **3.5g**, Trans Fat **0g**, Cholesterol **205mg**, Sodium **1680mg**, Total Carbohydrate **143g**, Fiber **6g**, Sugars **92g**, Protein **44g**

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## **Chicken Meatball Tikka Masala Wraps**

Serves: 4

Prep Time: 10 min.

Cook Time: 30 min.

Total Time: 40 min.

### **Ingredients:**

2 oz. fresh ginger

1 seedless cucumber

1 bunch cilantro

0.75 package Nature's Basket mint

1 lb. ground chicken

1½ tsp. kosher salt, divided

½ tsp. ground black pepper, divided

1 Tbsp. McCormick ground cumin

Pan Spray

12-oz. jar Market District tikka masala cooking sauce

10-oz. Market District cherry tomatoes, halved

½ red onion, thinly sliced

1 lemon, juiced

1 Tbsp. Market District extra virgin olive oil

4 Aladdin bakers pitas

### **Directions:**

Preheat oven to 425°F. Peel and grate ginger on microplane. Cut cucumber in half lengthwise and then into quarters and dice. Roughly chop half of the cilantro bunch and pick the leaves from the other half. Pick the mint leaves.

In a large mixing bowl, combine the ground chicken, chopped cilantro, ginger, 1 teaspoon of salt, ¼ teaspoon of pepper, and cumin. Mix together until all ingredients come together and form into ping pong sized meatballs. Spray sheet tray with pan spray and arrange meatballs on top. Place in oven and cook for 25 minutes\*.

Add the tikka sauce to a sauté pan and heat on medium for 2-3 minutes. Add in the cooked chicken meatballs to the tikka sauce and coat meatballs with sauce.

In a mixing bowl combine the cucumber, tomatoes, red onion, picked mint and cilantro leaves, lemon juice, oil, ½ teaspoon of salt, and ¼ teaspoon of pepper. Mix everything together and taste for seasoning.

Heat pita in the toaster or oven for one minute or until warm. Spoon the tikka meatballs on top and garnish with the cucumber salad.

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

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

**Nutritional Information (Per serving):**

Calories **430**, Fat **18g**, Sat Fat **3.5g**, Trans Fat **0g**, Cholesterol **100mg**, Sodium **1290mg**, Total Carbohydrate **40g**, Fiber **3g**, Sugars **8g**, Protein **27g**

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