

## Salmon with Orzo

Serves: 4

Prep Time: 10 min.

Cook Time: 25 min.

Total Time: 35 min.

Cuisine Type: Italian

Long: Create four whole servings of heart-healthy salmon over rich orzo pasta with this quick-cook recipe. Featuring sweet peas, mint, onions and of course, salmon and orzo, this dish is a delicious and filling dinner you're sure to cook again and again.

Short: This heart-healthy salmon recipe is a delicious and filling dinner you're sure to cook again and again.

### Ingredients:

1 yellow onion  
1 bunch green onions, divided  
0.75-oz. pkg. Nature's Basket organic mint, divided  
2 Tbsp. Giant Eagle unsalted butter  
4 cups Giant Eagle vegetable broth  
1 lb. Market District no. 65 semolina orzo  
14.4-oz. bag Birds Eye garden peas - sweet  
4 oz. shaved Parmesan, divided  
1¼ tsp. kosher salt, divided  
¼ tsp. ground black pepper  
4 salmon filets  
2 tsp. Market District extra virgin olive oil

### Directions:

Finely dice the onion. Slice the green onions thinly on the bias. Remove the mint leaves from the stems and slice very thin.

Melt the butter in a medium saucepan over medium heat. Add the diced onion and cook, stirring occasionally until soft and translucent, but not brown. Add the vegetable broth and orzo pasta and bring to a boil. Continue to cook, stirring occasionally until the pasta is tender, about 10 minutes. Stir in the peas when the pasta has 7 minutes left. Add a little water if the pasta gets too dry. Once the pasta is tender, add half the Parmesan, half the mint, and half the green onions. Season to taste with ¼ teaspoon of salt and ¼ teaspoon of pepper.

While the pasta is cooking, season the salmon with a ¼ teaspoon salt for each piece. Heat a large frying pan over high heat. Once hot, add 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. \*

Divide the orzo between 4 bowls and top with the salmon. Then sprinkle on the remaining mint, green onions, and Parmesan.

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

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

**Nutritional Information (Per serving):**

Calories **970**, Fat **30g**, Sat Fat **10g**, Trans Fat **0g**, Cholesterol **145mg**, Sodium **1930mg**, Total Carbohydrate **106g**, Fiber **6g**, Sugars **12g**, Protein **68g**

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.

## **Beef & Tomato Soup Stuffed Peppers**

Serves: 4

Prep Time: 15 min.

Cook Time: 45 min.

Total Time: 1 hr.

Cuisine Type: American

Long: Enjoy a juicy green pepper filled to the brim with a hearty mix of ground beef, tomato soup, white rice, mild Cheddar cheese and more with this recipe for American beef & tomato soup stuffed peppers. With just a 15 minute prep time and a 45 minute bake time, you can enjoy this fully-loaded family favorite.

Short: With just a 15 minute prep time and a 45 minute bake time, you can enjoy this recipe for beef & tomato soup stuffed peppers.

### **Ingredients:**

2 green onions

¼ bunch parsley

1¼ lbs. Giant Eagle ground beef

2 10.75-oz. cans Giant Eagle tomato soup

1½ cups Minute long grain white rice

1 cup Giant Eagle shredded mild Cheddar cheese, divided

1 tsp. salt, divided

½ tsp. black pepper, divided

4 green bell peppers

28-oz. can Giant Eagle petite diced tomatoes

### **Directions:**

Preheat oven to 400°F. Slice green onions and chop parsley. Combine ground beef with tomato soup, Minute rice, ½ cup of shredded Cheddar, ½ teaspoon of salt, and ¼ teaspoon ground black pepper.

Cut the top off the peppers and slice a little off the bottom to make the peppers sit flat. Remove any extra seeds and veins from inside the peppers. Stuff the beef mixture into the peppers.

Pour the diced tomatoes into a 8x12" baking dish and stir in ½ teaspoon of salt and ¼ teaspoon ground black pepper. Place the stuffed peppers on top of the tomatoes. Sprinkle the peppers with the remaining Cheddar cheese. Place pan in the oven and bake until cooked through\*, about 45 minutes. Sprinkle with the green onions and parsley.

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

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

### **Nutritional Information (Per serving):**

Calories **660**, Fat **26g**, Sat Fat **12g**, Trans Fat **1g**, Cholesterol **115mg**, Sodium **1710mg**, Total Carbohydrate **67g**, Fiber **2g**, Sugars **21g**, Protein **40g**

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Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

## Sesame-Crusted Chicken

Serves: 4

Prep Time: 10 min.

Cook Time: 15 min.

Total Time: 25 min.

Cuisine Type: Asian

Long: Enjoy juicy, delectable Asian-style fried chicken with this recipe for sesame-crusted chicken. Pan-fried in canola oil, this entire meal takes less than 30 minutes to prepare and cook. Plate it on top of a pile of fresh green snap peas and asparagus for a dish that is both delicious and satisfying.

Short: A delectable Asian-style fried chicken, this entire meal takes less than 30 minutes to prepare and cook.

### Ingredients:

1½ tsp. kosher salt, divided

2 green onions

1 bunch asparagus

2 oz. ginger

½ cup Nature's Basket liquid egg whites

½ cup Market District sesame seeds

¼ tsp. ground black pepper

1½ lbs. Nature's Basket thin sliced chicken breast

¼ cup Market District canola oil

½ cup Kikkoman soy sauce

¼ cup Marukan rice wine vinegar

¼ cup white sugar

2 Tbsp. Market District extra virgin olive oil

8 oz. package Giant Eagle sugar snap peas

¼ cup Market District Thai-style sweet chili sauce

### Directions:

Bring a pot of water with 1 teaspoon of salt to a boil. Thinly slice green onions. Remove 1 inch from the root end of the asparagus and cut in half on the bias. Peel and grate ginger with a microplane.

Place egg whites and sesame seeds in separate shallow bowls. Whisk ½ teaspoon of salt and pepper into the egg whites. Dip the chicken in the egg whites and then fully coat in sesame seeds; repeat until all chicken is coated. Heat canola oil in a frying pan on medium for one minute. Carefully place chicken in hot oil and flip after 4 minutes, cook for another 4 minutes and repeat until all chicken is done\*.

In a mixing bowl, whisk the soy sauce, rice vinegar, sugar, ginger, and olive oil. Add the snap peas and asparagus to the boiling water. Cook for 4 minutes or until tender. Strain and rinse with cold water. Add vegetables to the soy dressing and toss until well coated.

Serve the chicken on a bed of vegetables, garnish with green onions, and serve with chili sauce on the side for dipping!

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

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

**Nutritional Information (Per serving):**

Calories **690**, Fat **36g**, Sat Fat **5g**, Trans Fat **0g**, Cholesterol **100mg**, Sodium **3420mg**, Total Carbohydrate **41g**, Fiber **5g**, Sugars **32g**, Protein **50g**

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Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

## **Tamale Pie**

Serves: 4

Prep Time: 10 min.

Cook Time: 40 min.

Total Time: 50 min.

Cuisine Type: Tex-Mex

Long: The only thing better than one tamale is an entire tamale pie! Create your own in just 45 minutes with this easy-to-follow recipe. Featuring cornbread mix, ground beef, salsa, cheddar cheese and more, this dish is sure to satisfy your strongest Mexican food cravings.

Short: Create your own tamale pie in just 45 minutes with this easy-to-follow recipe and satisfy your strongest Mexican food cravings!

### **Ingredients:**

1 red onion, divided

½ bunch cilantro

2½ cups Bob's Red Mill cornbread mix

½ cup Giant Eagle super sweet frozen corn

1 Giant Eagle large egg

¼ cup + 1 Tbsp. Market District canola oil

2 lbs. Giant Eagle ground beef

½ tsp. kosher salt

¼ tsp. ground black pepper

1 cup Giant Eagle mild original salsa

½ cup shredded mild Cheddar cheese

¼ cup Giant Eagle original sour cream

### **Directions:**

Preheat oven to 350°F. Peel and finely dice onion. Roughly chop the cilantro. Combine half of the red onion with cilantro. In a large bowl, whisk together cornbread mix, corn, egg, 1 ¼ cups water, and ¼ cup canola oil. Set aside.

Heat 1 tablespoon of oil in a frying pan on high for one minute. Add the ground beef, salt, and pepper. Cook for 3-4 minutes breaking up any large chunks of meat. Add in the remaining diced onion and cook for another 5-6 minutes or until meat is browned\*. Stir in salsa and cook for an additional minute.

Pour the meat mixture into a baking dish. Sprinkle with Cheddar cheese and spread cornbread mixture on top in a thin layer. Place in oven and cook for 30 minutes. Prick cornbread layer with a toothpick or paring knife and if comes out clean, its ready.

Remove from oven, slice into pieces and top with sour cream and the cilantro onion mixture.

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

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

**Nutritional Information (Per serving):**

Calories **1010**, Fat **54g**, Sat Fat **15g**, Trans Fat **1.5g**, Cholesterol **205mg**, Sodium **1570mg**, Total Carbohydrate **78g**, Fiber **1g**, Sugars **12g**, Protein **54g**

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Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

## **Top Round with Green Chile Potatoes**

Serves: 4

Prep Time: 10 min.

Cook Time: 30 min.

Total Time: 40 min.

Cuisine Type: Southwest

Long: Give your meal a Southwest kick with this recipe for top round cut steak and green chile potatoes. Featuring fully-loaded cheesy potatoes, juicy sauteed steak and bread crumb stuffed vine ripe tomatoes, this delicious dish takes less than 30 minutes to create and is sure to delight the whole family.

Short: This delicious southwest dish takes less than 30 minutes to create and is sure to delight the whole family.

### **Ingredients:**

1 bunch green onions

4 organic vine ripe tomatoes

1 cup Market District Italian seasoned bread crumbs

2 Tbsp. + 2 tsp. Market District extra virgin olive oil

1 lime

1½ lbs. Market District honey gold potatoes

1 Tbsp. kosher salt, divided

½ tsp. ground black pepper, divided

½ lb. Market District London broil top round

4-oz. can hatch peeled green chiles - diced - mild - flame roasted

4-oz. Giant Eagle shredded sharp Cheddar cheese

### **Directions:**

Preheat the oven to 475°F. Thinly slice green onions. Core and cut tomatoes in half.

Combine the bread crumbs with 2 tablespoons of olive oil. Cut the lime into wedges.

In a large pot, combine the potatoes, 1 quart of water, and ½ tablespoon salt. Cover and bring to a boil. Then, reduce the heat to a simmer and cook, covered, until the potatoes are tender when pierced with a fork, about 10 minutes.

Place the tomato halves cut side up on a non-stick or foil lined sheet pan. Season with ½ teaspoon of salt and ¼ teaspoon pepper and top with the bread crumbs. Bake until golden brown, about 10 minutes.

Meanwhile, pat the steak dry with paper towels. Trim excess fat, if you like. Sprinkle the steak with 1 teaspoon salt and ¼ teaspoon ground black pepper. Heat 2 teaspoons of oil in a medium frying pan over medium-high heat. Cook the steak, turning once, until it has browned on each side and has reached your desired doneness\* (about 5 minutes per side for medium-rare). Remove from the heat and let the steak rest 5 minutes before slicing.

Pour the green chiles into a fine-mesh strainer; discard the liquid. Drain the potatoes and return to the same pot. Smash the potatoes with a fork and stir in the chiles, green onions, and cheese.

Slice the steak and plate alongside the potatoes, baked tomatoes, and lime wedges. Enjoy!

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

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

**Nutritional Information (Per serving):**

Calories **550**, Fat **24g**, Sat Fat **8g**, Trans Fat **0g**, Cholesterol **65mg**, Sodium **2400mg**, Total Carbohydrate **61g**, Fiber **6g**, Sugars **10g**, Protein **27g**

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Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.