

## Spaghetti & Meatballs Arrabbiata

Serves: 4

Prep Time: 15 Min.

Cook Time: 20 Min.

1 bunch fresh Nature's Basket basil, divided  
1 lb. Giant Eagle 80% lean ground beef  
¼ cup Giant Eagle Reduced Fat Milk  
2 oz. Giant Eagle Parmesan, divided  
8 oz. Giant Eagle Ricotta  
2 tsp. salt  
½ tsp. fresh-ground pepper  
1 oz. Giant Eagle Mozzarella  
1 jar Market District arrabbiata sauce  
1 lb. Giant Eagle spaghetti

1. Preheat oven to 450°F. Chop the basil and set aside.
2. Combine ground beef with half the chopped basil, the milk, half the Parmesan, the Ricotta, salt and pepper. Mix well.
3. Form the mixture into balls the size of large golf balls and place on a non-stick or oiled sheet pan. Place in oven and cook for 10-15 minutes, until light brown and cooked through to a minimal internal temperature of 160°F.
4. Once cooked, combine the cooked meatballs with the arrabbiata sauce in a medium saucepan and bring to a simmer. Cook together for 5-10 minutes.
5. Meanwhile, bring a large pot of salted water to a boil and add the pasta, stir well and boil until the pasta is al dente, 9-11 minutes. Drain well and add to the meatballs and sauce. Stir well and simmer over low heat for a couple minutes, add a little water if it gets too dry.
6. Serve the pasta and sprinkle with the remaining basil and Parmesan.

**Nutritional Information (Per serving):** Calories 1000, Fat 40g, Sat. Fat 16g, Trans Fat 1g, Cholesterol 120mg, Sodium 2530mg, Total Carbohydrate 102g, Fiber 5g, Sugars 12g, 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.

**Allergen Information:** Tree Nut-Free, Peanut-Free, Egg-Free, Soy-Free

## Soy-Mustard Glazed Salmon

Serves: 4

Prep Time: 10 Min.

Cook Time: 12 Min.

¼ cup Miso Shinsh white miso  
¼ cup Giant Eagle granulated sugar  
¼ cup Giant Eagle soy sauce  
¼ cup Giant Eagle Dijon mustard  
1 fresh Lemon, juiced  
4 6-oz. Faroe island salmon filets  
1 bunch Broccoli  
8.8 oz. pkg. Giant Eagle Original 90 Second Rice  
1 bunch Nature's Basket chives, chopped

1. Preheat oven to 475°F. Combine the miso, sugar, soy sauce and mustard in a small bowl and whisk to combine.
2. Pour ⅓ of the mixture into a small bowl and add the juice from the lemon and stir, set aside for drizzling over the salmon later.
3. Add the salmon to the remaining mixture, tossing and coating well, you can let this marinade in the mixture overnight or you can cook right away.
4. Trim and cut the broccoli into large florets. Slice the chives and set aside.
5. Place the salmon on a non-stick or foil lined sheet pan. Place in oven and roast for about 7-10 minutes, should be lightly brown with a minimal internal temperature of 145°F.
6. Meanwhile, bring a pot of salted water to a boil. Once boiling, add the broccoli and cook until just tender. Drain well. Reheat the rice according to the package directions.
7. Plate the rice and broccoli and top with the salmon, drizzle over the remaining sauce and sprinkle with the chives.

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

*Calories 520, Fat 16g, Sat. Fat 2g, Trans Fat 0g, Cholesterol 105mg, Sodium 1880mg, Total Carbohydrate 47g, Fiber 6g, Sugars 13g, Protein 47g*

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.

**Allergen Information:** Tree Nut-Free, Peanut-Free, Egg-Free, Dairy-Free

## Shaking Beef Salad

Serves: 4

Prep Time: 15 Min.

Cook Time: 15 Min.

1 red onion  
1-2 limes, juiced, divided  
2 tsp. + pinch of salt inch salt  
1 tsp. fresh-ground pepper  
1 head butter lettuce  
1 pint cherry tomatoes  
2 lbs. Giant Eagle top round  
4 tsp. Giant Eagle vegetable oil, divided  
¾ cup House of Tsang Saigon Sizzle Stir-Fry Sauce  
2 Tbsp. Giant Eagle butter, cold  
1 bunch fresh cilantro  
8.8 oz. pkg. Giant Eagle Original 90 Second Rice

1. Cut half the red onion into ¼-inch thick wedges and set aside. Slice remaining half very thin and toss with a large pinch of salt and the juice of half a lime.
2. Juice the remaining lime half into a small ramekin or bowl and add two teaspoons salt and one teaspoon fresh ground black pepper, set aside.
3. Wash the lettuce and separate into leaves. Cut the cherry tomatoes in half, set aside.
4. Cube the beef into 1-inch cubes and season with salt and pepper, set aside.
5. Heat a large sauté pan over high heat. Once very hot, add two teaspoons of vegetable oil and the seasoned beef cubes. Let sit without moving until one side is well browned, turn the cubes over and continue until the beef is browned on all sides and reaches a minimal internal temperature of 145°F.
6. Remove the beef from the pan and set aside. Add two more teaspoons of vegetable oil to the pan and add the red onion wedges. Sauté until wilted and light brown. Add the stir-fry sauce and butter.
7. Meanwhile, reheat rice according to package directions.
8. Let the sauce cook down, stirring occasionally until reduced and thick. Add the beef back into the sauce and toss to warm through. Remove pan from heat.
9. Arrange the lettuce leaves on the bottom of four plates. Place rice in the center and top with the cooked beef. Garnish with the cherry tomatoes, red onions and cilantro sprigs.

### Nutritional Information (Per serving):

*Calories 690, Fat 29g, Sat. Fat 9g, Trans Fat 1g, Cholesterol 145mg, Sodium 2240mg, Total Carbohydrate 51g, Fiber 3g, Sugars 17g, 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.

**Allergen Information:** Tree Nut-Free, Peanut-Free, Egg-Free, Dairy-Free

## Seared Pork Loin Chops with Pineapple Salsa

Serves: 4

Prep Time: 10 Min.

Cook Time: 20 Min.

4 6-oz. Giant Eagle boneless pork loin chops  
2 tsp. salt, divided  
3 tsp McCormick Garlic & Herb Salt Free  
½ fresh Pineapple, peeled, cored & diced  
1 red onion, chopped  
1 bunch fresh cilantro, chopped, divided  
1 fresh lime, juiced, divided  
8.8 oz. pkg. Giant Eagle Original 90 Second Rice  
1 can Giant Eagle black beans

1. Season the pork chops with salt and the garlic and herb seasoning, set aside.
2. Place pineapple in a medium bowl; add onion and half cilantro; set the other half aside. Squeeze half the lime over the pineapple and season with one teaspoon of salt and toss well.
3. Heat grill pan on stove top (if you do not have a grill pan the pork can be pan seared). Place pork on grill pan and let sit for 5-6 minutes, turning and letting that cook for another 5-6 minutes or until reaching an internal temperature of 145°F. Once cooked, let pork rest for 5 minutes.
4. Meanwhile, heat the beans in a small saucepan over medium heat, mashing them a bit with a whisk. Heat the rice according to the package directions. Place the hot rice in a small bowl and add the remaining cilantro and the juice from the other half lime, stir to combine.
5. Place the rice and beans on the bottom of 4 plates. Top with the pork chops and then the pineapple salsa.

### Nutritional Information (Per serving):

*Calories 580, Fat 19g, Sat. Fat 6g, Trans Fat 0g, Cholesterol 95mg, Sodium 1200mg, Total Carbohydrate 60g, Fiber 10g, Sugars 13g, Protein 44g*

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**Allergen Information:** Tree Nut-Free, Peanut-Free, Egg-Free, Soy-Free, Dairy-Free

## Coconut Curry Chicken

Dietitian Pick!

Serves: 4

Prep Time: 10 Min.

Cook Time: 25 Min.

5 oz. Giant Eagle frozen peas  
1 Tbsp. Giant Eagle vegetable oil  
1 red onion, julienned  
1 jar Maya Kaimal Madras Curry Simmer Sauce  
12 oz. Giant Eagle chicken breast, cut into 1-inch cubes  
1 yellow squash, cut into 1-inch cubes  
1 pkg. Uncle Ben's basmati rice  
1 Tbsp. Giant Eagle sesame seeds  
1/3 bunch cilantro, chopped

1. Rinse peas under warm water.
2. Heat vegetable oil in a medium sauce pot for one minute on high heat and then add onion. Cook 5 minutes or so until onions are tender.
3. Pour in curry sauce. Bring sauce to a simmer and then stir in chicken breast. Once sauce and chicken mixture has come to a boil, stir in squash and cook for an additional 5-7 minutes. You want squash to be tender but not mushy. Chicken should reach a minimal internal temperature of 165°F.
4. Meanwhile cut a slit into the bag of rice and cook in microwave for 90 seconds. Let sit for a few minutes in microwave. Pour rice into a mixing bowl and stir in peas and sesame seeds. You want the heat of the rice to warm the peas. Spoon rice onto serving plate and top with curry and chopped cilantro.

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

*Calories 360, Fat 16g, Sat. Fat 4g, Trans Fat 0g, Cholesterol 45mg, Sodium 490mg, Total Carbohydrate 36g, Fiber 4g, Sugars 7g, Protein 24g*

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.

**Allergen Information:** Peanut-Free, Egg-Free, Dairy-Free

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