

## **Jerk Pork Chops**

Serves: 4

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

Cook Time: 20 min.

Total Time: 1 hr. 40 min.

### **Ingredients:**

#### **Jerk marinade**

2 Tbsp. Giant Eagle soy sauce

2 Tbsp. Market District extra virgin olive oil

2 Tbsp. Giant Eagle light brown pure sugar

2 Tbsp. lime juice

2 Tbsp. Market District Caribbean jerk spice

2.7 lbs. Giant Eagle bone-in pork loin center-cut chops

1½ lbs. sweet potatoes or yams

½ golden pineapple

½ bunch cilantro

1-oz. fresh ginger

6 radishes

2 limes

¾ tsp. kosher salt, divided

2 tsp. Market District extra virgin olive oil

### **Directions:**

Combine the marinade ingredients in a large zip-lock bag, add the pork chops and toss together. Press any excess air out of the bag and seal. Refrigerate for at least an hour or up to overnight.

Heat oven to 450°F and heat the grill to medium.

Cut the yams lengthwise into wedges, set aside. For the pineapple salsa, dice the pineapple and place in a large bowl. Chop the cilantro, mince the ginger and radishes, squeeze the juice from the limes, and then add to the pineapple. Add ¼ teaspoon of salt as well and toss.

Remove the pork chops from the marinade and pat dry. Grill about 15 minutes per inch of thickness until cooked through\*.

Meanwhile, toss yams with 2 teaspoons of olive oil and ½ teaspoon of salt. Spread on a non-stick or foil-lined sheet pan and place in oven. Roast until potatoes are tender, about 20 minutes.

Serve the pork chops with the roasted yams and pineapple salsa.

\*For food safety, cook pork to an internal temperature of 145°F, resting for 3 min.

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

**Nutritional Information (Per serving):**

Calories **540**, Fat **24g**, Sat Fat **6g**, Trans Fat **0g**, Cholesterol **110mg**, Sodium **1300mg**, Total Carbohydrate **53g**, Fiber **6g**, Sugars **25g**, Protein **37g**

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, Chorizo, and Pepper Stew**

Serves: 4

Prep Time: 20 min.

Cook Time: 45 min.

Total Time: 1 hr. 5 min.

### **Ingredients:**

1 yellow onion  
1 yellow bell pepper  
1 red bell pepper  
12 cloves garlic  
½ bunch fresh parsley  
12-oz. pkg. D'Artagnan chorizo sausage  
10-oz. Market District artisan baguette  
2 Tbsp. Market District extra virgin olive oil, divided  
28-oz. can Giant Eagle petite diced tomatoes  
1 lb. Giant Eagle boneless, skinless chicken breasts  
½ tsp. kosher salt

### **Directions:**

Peel and thinly slice the onion. Core and thinly slice the bell peppers. Reserve 3 garlic cloves for later and thinly slice the rest. Chop the parsley. Slice the chorizo about ½-inch thick. Split the baguette lengthwise.

In a medium saucepan or braising pan, heat 1 tablespoon of olive oil over medium heat. Once hot, add the onions and sauté, stirring occasionally until tender, about 2 minutes. Add the sliced garlic and peppers and cook, stirring occasionally until softened, about 3 minutes. Add the chorizo, diced tomatoes, whole chicken breasts, and salt. Bring to a boil, reduce heat to low, cover the pot and let cook, stirring occasionally, until the chicken is cooked through\*, about 30 minutes.

While the chicken is cooking, preheat oven to 450°F.

Remove the chicken breasts from the stew and place on a cutting board. Use two forks to shred the chicken breasts then return to the pot with the peppers. Stir together and cook another 5 minutes to let flavors combine.

Meanwhile, drizzle 1 tablespoon of olive oil over the cut baguette and place in oven to toast for about 3-5 minutes. Once crusty and browned to your liking, remove from the oven and rub with the reserved garlic cloves. Cut each half into 4 pieces.

Sprinkle the stew with the chopped parsley and serve with the garlic bread.

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

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

**Nutritional Information (Per serving):**

Calories **650**, Fat **28g**, Sat Fat **8g**, Trans Fat **0g**, Cholesterol **115mg**, Sodium **1420mg**, Total Carbohydrate **50g**, Fiber **4g**, Sugars **12g**, Protein **42g**

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## **Salmon with Quinoa Risotto**

Serves: 4

Prep Time: 10 min.

Cook Time: 35 min.

Total Time: 45 min.

### **Ingredients:**

15.5-oz. can Giant Eagle chickpeas

0.75-oz. pkg. Nature's Basket sage

1 yellow onion

10-oz. Stahlbush Island butternut squash

3 Tbsp. Market District extra virgin olive oil, divided

¼ tsp. kosher salt, divided

¼ tsp. ground black pepper, divided

2 cups Ancient Harvest white quinoa

½ cup Horizon organic heavy cream

4 (4-oz.) salmon filets

### **Directions:**

Preheat oven to 425°F. Drain chickpeas and pat dry with a paper towel. Pick sage leaves. Peel and dice onion. Cook butternut squash according to package directions.

Toss chickpeas and half of the sage leaves in 1 tablespoon of olive oil and a pinch of salt and pepper. Spread in a thin layer on sheet tray and place in oven for 20 minutes. Stir halfway through.

Meanwhile, heat 1 tablespoon of olive oil in a sauce pot on high. Once heated, add onions and cook for 4-5 minutes until tender. Add the quinoa and 4 cups of water. Bring to a boil then lower to a simmer and cover. Quinoa should take 15 minutes to cook. Once cooked, keep heat on low, stir in butternut squash and heavy cream. Cook for another 2 minutes.

Heat 1 tablespoon of olive oil in a frying pan on high. Season salmon with a pinch of salt and pepper and add to the hot pan. Cook for 4 minutes on each side\*.

Serve the salmon on top of quinoa risotto topped with crispy chickpeas.

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

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

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

Calories **810**, Fat **33g**, Sat Fat **9g**, Trans Fat **0g**, Cholesterol **85mg**, Sodium **420mg**, Total Carbohydrate **87g**, Fiber **16g**, Sugars **10g**, Protein **42g**

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## Maple Mustard Chicken with Butternut

Serves: 4

Prep Time: 5 min.

Cook Time: 30 min.

Total Time: 35 min.

### Ingredients:

0.75-oz. pkg Nature's Basket organic sage

6 Tbsp. Market District 100% pure maple syrup, divided

¼ cup Giant Eagle Dijon mustard with white wine

2 tsp. kosher salt, divided

4 Giant Eagle boneless, skinless chicken breasts

1 ½ lbs. Farmers Market butternut chunks

2 tsp. Market District extra virgin olive oil

2 Tbsp. Giant Eagle cider vinegar

½ cup Sun-Maid raisins

½ cup Fisher Chef's Naturals chopped walnuts

### Directions:

Preheat oven to 450°F. Reserve a few leaves of sage for garnish and chop the rest.

Combine ¼ cup of the maple syrup with Dijon mustard and 1 teaspoon of salt. Add the chicken breasts and toss to coat. Place on a non-stick or parchment-lined sheet pan and spoon remainder of marinade over chicken. Place in oven and roast until cooked through, about 25 minutes.

Meanwhile, toss the butternut squash with olive oil and 1 teaspoon of salt. Place on a non-stick or parchment-lined sheet pan. Place in oven and roast until tender, about 20 minutes.

Combine the remaining 2 tablespoons of maple syrup with cider vinegar, ¼ cup water, raisins, chopped sage, and walnuts in a small pot. Bring to a boil and simmer until the syrup thickens, about 2 minutes.

Remove the butternut squash from the oven and toss with the raisin syrup. Serve the chicken with the roasted butternut and garnish with the reserved sage leaves.

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

**ALLERGEN CALLOUTS: Soy-Free, Dairy-Free, Egg-Free**

### Nutritional Information (Per serving):

Calories **480**, Fat **15g**, Sat Fat **2g**, Trans Fat **0g**, Cholesterol **75mg**, Sodium **1430mg**, Total Carbohydrate **56g**, Fiber **7g**, Sugars **37g**, Protein **32g**

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## Chicken and Corn Soup

Serves: 4

Prep Time: 15 min.

Cook Time: 35 min.

Total Time: 50 min.

### Ingredients:

2 (14.5-oz.) cans College Inn chicken broth

1½ lbs. Nature's Basket boneless, skinless chicken breasts

2 red radishes

¼ cup cilantro

15.25-oz. can Del Monte whole corn kernel

1 avocado

¼ jalapeño, optional

2 (8.8-oz.) pkgs. Uncle Ben's Ready Rice - whole grain brown rice

1/8 tsp. kosher salt

1/8 tsp. ground black pepper

¼ cup Giant Eagle fat-free sour cream

¼ cup Giant Eagle reduced-fat shredded Cheddar cheese

½ cup Fresh Gourmet tortilla strips - Santa Fe

### Directions:

In a large pot, combine the chicken broth and the chicken breast over high heat. Once boiling, lower to a simmer and cook for 30 minutes\*. Thinly slice the radish. Pick the cilantro leaves.

Drain the corn. Dice the avocado. Thinly slice the jalapeño. Cook the rice according to package directions.

Remove chicken from pot. Using tongs or two forks, shred the chicken into small chunks. Add the corn, rice, a pinch of salt and pepper, and shredded chicken to the pot. Cook for another 5 minutes.

Ladle the soup into bowls. Garnish with the sour cream, Cheddar cheese, cilantro, sliced radish, tortilla strips, avocado, and sliced jalapeño.

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

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

### Nutritional Information (Per serving):

Calories **630**, Fat **19g**, Sat Fat **3.5g**, Trans Fat **0g**, Cholesterol **100mg**, Sodium **1270mg**, Total Carbohydrate **61g**, Fiber **7g**, Sugars **6g**, Protein **44g**

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