Fresh Caprese Stacks

Serves: 8
Prep. Time: 15 minutes

Ingredients:
3-4 large ripe tomatoes, sliced ¼ inch thick
1 lb. fresh mozzarella cheese, sliced ¼ inch thick
¼ cup basil leaves, cut into ribbons
2 Tbsp. fresh oregano, chopped
¼ cup Market District™ balsamic vinegar
¼ cup Market District™ extra virgin olive oil
Salt and pepper to taste

Directions:
On a large serving plate, place the tomato slices alternately with the mozzarella cheese slices, overlapping as much as necessary. Sprinkle with fresh basil and oregano. Drizzle with balsamic vinegar and extra virgin olive oil. Season with salt and pepper to taste.

Nutritional Information (Per serving):
Calories 230, Fat 17g, Sat. Fat 6g, Trans Fat 0g, Cholesterol 30mg, Sodium 55mg, Total Carbohydrate 7g, Fiber 1g, Sugars 4g, Protein 9g, Vitamin A 30%, Vitamin C 20%, Calcium 15%, Iron 2%

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.
Dairy-Free Raspberry Panna Cotta with Blueberry Chia Sauce (RD Pick)

Serves: 6  
Prep Time: 20 minutes  
Cook Time: 5 minutes  
Chill Time: 4-6 hours

Ingredients:  
For the Raspberry Panna Cotta  
¼ cup water  
¼ oz. envelope unflavored gelatin  
2 cups Nature’s Basket unsweetened almondmilk*  
½ cup Market District raspberry syrup  
⅛ tsp. Market District sea salt

For the Blueberry Chia Sauce  
¼ cup water  
2 Tbsp. chia seeds  
6 Tbsp. Market District blueberry syrup  
½ cup sliced almonds, toasted for garnish

Directions:  
Place water in a small bowl and sprinkle gelatin over top; let sit for a few minutes to soften. Bring almondmilk, raspberry syrup and salt to a gentle boil in a medium sauce pot. Remove from heat and stir 2 tablespoons into gelatin mixture to temper. Whisk tempered gelatin mixture into remaining almondmilk mixture until smooth. Cool slightly and divide mixture among 6 ramekins or small dessert dishes. Let cool at room temperature for 30 minutes. Stir each to emulsify (mixture will slightly separate), cover and refrigerate for at least 4 hours, until set. Once set, run a paring knife along edges to loosen the panna cotta and invert onto plates.

Meanwhile, combine water and chia seeds in a small bowl. Let sit for a few minutes until a gel has formed; stir in blueberry syrup. Serve panna cotta with blueberry sauce and toasted almonds.

*Try recipe using other types of non-dairy milk, such as coconut or soy milk. For a rich version, try using whole milk, half & half or cream.
Nutritional Information (Per serving):
Calories 140, Fat 6g, Sat Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 100mg, Total Carbohydrate 18g, Fiber 2g, Sugars 13g, Protein 4g, Vitamin A 4% DV, Vitamin C 0% DV, Calcium 20% DV, Iron 4% DV

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.
Zucchini Noodles with Turkey Sausage

Serves: 4  
Prep Time: 15 minutes  
Cook Time: 20 minutes

Ingredients:
- 3 medium zucchini (about 1¾ lbs.)
- 1 Tbsp. Giant Eagle olive oil
- 4-6 cloves fresh garlic, finely chopped
- 3 links Nature’s Basket mild Italian turkey sausage, casing removed
- 1 tsp. dried basil
- 1 Tbsp. fresh chopped thyme
- 1 cup Giant Eagle traditional pasta sauce
- 1 cup diced fresh tomatoes
- ¼ cup Giant Eagle shredded Parmesan cheese

Directions:
Trim ends off zucchini and use a vegetable peeler to slice lengthwise into long thin ribbons; set aside. Heat a nonstick skillet over medium heat. Sauté garlic for 1 minute; add sausage and cook, breaking up chunks, for 6-8 minutes until browned and the internal temperature reaches 165°F. Using tongs, fold in zucchini and herbs; cook for 2 minutes. Add sauce and tomatoes; simmer for about 3 minutes, stirring gently. Garnish with cheese and serve hot. Makes 4 servings based on 1 cup per portion.

Nutritional Information (Per serving):
Calories 240, Fat 13g, Sat. Fat 4g, Trans Fat 0g, Cholesterol 55mg, Sodium 680mg, Total Carbohydrate 13g, Fiber 3g, Sugars 6g, Protein 18g, Vitamin A 30%, Vitamin C 35%, Calcium 10%, Iron 8%

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.

Adapted from Monthly GF Recipes for RD In Store use  
Chef Jacqui Little  
Updated by Recipe Development 12-12/07-14