

Chicken Paprikash

You can use either hot or sweet paprika to make a rich brown gravy that goes over the chicken and noodles. Steamed kale or broccoli makes a great accompaniment. For dessert, serve sliced fresh apples sprinkled with cinnamon.

Makes 4, 8-oz servings

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

2 lb GIANT bone-in chicken pieces or 1 lb GIANT boneless, skinless chicken
Ground black pepper and salt
1 Tbsp GIANT canola oil
1 cup chopped onion
1 clove GIANT garlic, crushed
1 oz reduced sodium ham, diced
2 tsp paprika
1 cup low sodium chicken broth
4 Tbsp GIANT light sour cream
1 Tbsp GIANT all-purpose flour
8 oz GIANT noodles, cook according to package directions



Cut chicken breasts in half if pieces are large, or divide leg quarters. Remove skin. Season chicken pieces with pepper and salt. Heat oil in large skillet over medium heat and sauté chicken just until lightly browned. Remove chicken and keep warm. Add onions, garlic and diced ham to skillet, sauté just until lightly browned. Reduce heat, sprinkle onions with paprika and toss to combine. Pour in chicken broth. Place chicken back in skillet, cover and simmer until chicken is cooked through and onions are tender, about 20 minutes. Place chicken on serving platter. Combine sour cream with flour, add to broth and cook until thickened. Serve sauce over chicken and cooked noodles.

Nutrition information per serving: 420 calories, 8 g fat, 2 g saturated fat, 125 mg cholesterol, 47 g carbohydrate, 3 g fiber, 39 g protein, 410 mg sodium.

Recipe courtesy of GIANT Food Stores

Flounder with Parmesan Breading

If simple and delicious is what you are looking for, try this recipe. The seasonings add just enough flavor without overpowering the mild flounder. Start baked potatoes in the oven an hour before serving time and place the fish in the oven when there are 15 minutes left. For a side dish, steam broccoli in the microwave or on the stove top. Serve sliced apples for dessert.

Makes 4, 4 oz servings

Prep time: 5 minutes

Cook time: 15 minutes

INGREDIENTS

1 lb flounder fillets

1/2 cup GIANT fine dry bread crumbs

2 T GIANT grated Parmesan cheese

1/2 tsp dried parsley flakes

1/8 tsp GIANT garlic powder

1/8 tsp GIANT paprika

Dash of GIANT ground black pepper



Preheat oven to 375 degrees. Lightly oil baking pan. Arrange fillets in one layer.

In a small bowl, combine remaining ingredients. Sprinkle evenly over fillets. Cover pan with foil and bake for 12 to 15 minutes or until fish flakes easily with a fork.

Nutrition information per serving: 160 calories, 3 g fat, 1 g saturated fat, 55 mg cholesterol, 10 g carbohydrate, 0g fiber, 24 g protein, 260 mg sodium.

Recipe courtesy of GIANT Food Stores

Four Can Chili

Stock your pantry with canned beans and vegetables that can be used to make a quick, inexpensive and healthy meal. Choose no-salt-added varieties and add herbs for flavor. Serve with a tossed salad on the side and juicy oranges for dessert.

Makes 4, 2-cup servings

Prep Time: 15 minutes

Cook Time: 30 minutes

INGREDIENTS

- 1 Tbsp. GIANT canola oil
- 1 medium onion, chopped
- 1 clove GIANT garlic, minced
- 1/2 cup green pepper, chopped
- 1 can (14.5 oz) GIANT no salt added diced tomatoes
- 1 can (15.5 oz) GIANT no salt added kidney beans, drained and rinsed
- 1 can (15.5 oz) GIANT black beans, drained and rinsed
- 1 can (15.25 oz) GIANT no salt added whole kernel corn, drained
- 2 Tbsp. GIANT tomato paste
- 1 1/2 tsp. chili powder
- 1/4 tsp ground cumin
- 1 tsp GIANT dried oregano
- 4 Tbsp. GIANT nonfat plain yogurt



Heat oil in a large skillet over medium heat. Cook onion and garlic until soft. Add green pepper and brown lightly.

Add tomatoes with liquid, beans and corn. Stir in seasonings and bring to a boil. Simmer for 30 minutes until thickened. Garnish each portion with a tablespoon of nonfat plain yogurt.

Nutrition information per serving: 300 calories, 6 g fat, 0 g saturated fat, 0 mg cholesterol, 470 mg sodium, 59 g carbohydrate, 16 g fiber, 17 g protein.

Recipe courtesy of GIANT Food Stores

Turkey-Apple Burgers

You haven't tried this burger! Lean ground turkey will stay moist with the addition of grated apple – almost like having applesauce with your turkey! Add lettuce and tomato to your burger, serve sweet corn and a garden salad on the side and fresh fruit for dessert.

Makes 8, 8 oz servings

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

1 1/4 lb ground turkey breast, 93% lean/7% fat

1/4 cup GIANT fine bread crumbs

1 apple, peeled and grated

1/2 cup finely chopped onion

1/4 cup finely chopped GIANT celery

1 GIANT egg

1 tsp GIANT Dijon mustard

1 Tbsp GIANT brown sugar

1 tsp GIANT vinegar

GIANT ground black pepper

8 GIANT 100% Whole Wheat Rolls

Lettuce, tomato and onion

Additional Dijon mustard, if desired



Preheat oven to 350 degrees. Lightly oil a large baking pan. In a large bowl, stir or knead together turkey, bread crumbs, apple, onion, celery, egg, and seasonings until ingredients are well combined. Form mixture into 8 patties and place on prepared baking sheet. Bake for 30 minutes. Serve patties on rolls and garnish with lettuce, tomato, onion and additional Dijon mustard.

To make mini-burgers, form into 16 patties, bake for 25 minutes and serve on dinner rolls. Burgers may be frozen and reheated in the microwave. Makes a great lunch!

Nutrition information per serving: 270 calories, 9 g fat, 2 g saturated fat, 85 mg cholesterol, 360 mg sodium, 30 g carbohydrate, 2 g fiber, 18 g protein.

Recipe courtesy of GIANT Food Stores

Lemon Grilled Chicken

For a nice home-cooked meal, prepare this simple grilled or broiled chicken for dinner. Lemon, garlic and herbs provide lots of flavor without a lot of fat and calories. Serve with brown rice and steamed broccoli. Enjoy clementines for dessert.

Makes 4, 3 ounce servings

Prep time: 30 minutes

Cook time: 20 minutes

INGREDIENTS

- 1 lemon for zest and juice
- 1 Tbsp GIANT olive oil
- 1 clove GIANT garlic, crushed
- 1 Tbsp chopped GIANT fresh parsley
- 1/4 tsp dried thyme
- 1/4 tsp GIANT dried marjoram
- 1/4 tsp GIANT salt
- 1/4 tsp GIANT ground black pepper
- 1 lb GIANT boneless, skinless chicken breasts



Use a peeler to zest the lemon, and squeeze the juice from the lemon into a bowl. In the bowl, combine lemon zest and juice, oil, garlic, parsley, thyme, marjoram, salt and pepper. Add the chicken breasts to the bowl and spoon the marinade over the chicken until well coated. Cover with plastic wrap and chill for 30 minutes or overnight.

Preheat the grill to medium heat or preheat broiler. Put the chicken pieces on the grill discarding any remaining marinade. Cook chicken about 10 minutes on each side until cooked through.

Nutrition information per serving: 150 calories, 4 g fat, 1 g saturated fat, 65 mg cholesterol, 210 mg sodium, 1 g carbohydrate, 0 g fiber, 26 g protein.

Recipe courtesy of GIANT Food Stores

Steak with Mushrooms & Caramelized Onions

Choose a lean cut of beef such as top round and marinate before grilling or broiling to keep it moist and tender. Pre-sliced mushrooms will save on prep time – you can use button mushrooms or larger Portabella caps. For the sweetest flavor choose Vidalia onions when they are in season. Serve with grilled potatoes and green beans. Complete the meal with fresh fruit.

Makes 4, 6-ounce servings

Prep time: 15 minutes + marinating time

Cook time: 20 minutes

INGREDIENTS

1 lb GIANT Beef Top Round London Broil

2 Tbsp GIANT vinegar

1 large clove GIANT garlic, crushed

1/2 tsp GIANT dried oregano

GIANT ground black pepper

1 Tbsp GIANT canola oil, divided

1 tsp GIANT butter

8 oz GIANT mushrooms, sliced

1 sweet onion, sliced (about 2 cups)



Place beef in food-safe plastic bag. Combine vinegar, garlic, oregano and pepper and coat both sides of beef with mixture. Close bag and marinate in refrigerator for 30 minutes to 2 hours. Preheat broiler or grill. Remove beef from bag and place on broiling pan or cooking grid. Cook for 16-18 minutes for 1-inch steaks, turning once. Remove to a warmed platter and season with salt.

While steak is cooking, heat 2 teaspoons oil over medium-high heat in a large skillet. Add mushrooms and cook, stirring frequently. Adjust heat – too high if mushrooms scorch or too low if they lose their liquid before browning. Cook for about 5 minutes until evenly browned and just tender. Remove from skillet and keep warm. Add remaining teaspoon of oil and the butter to skillet and add onions. Cook over medium heat until onions become soft. Continue to cook, stirring, until evenly browned.

Slice meat across the grain into thin strips and serve with mushrooms and onions.

Nutrition information per serving: 260 calories, 15 g fat, 5 g saturated fat, 55 mg cholesterol, 200 mg sodium, 8 g carbohydrate, 2 g fiber, 26 g protein.

Recipe courtesy of GIANT Food Stores

One-Skillet Rice, Vegetables and Shrimp

Try this quick-fix meal to fit your busy schedule. While rice is cooking, capture the heat in the same skillet to steam vegetables and shrimp. Serve with a tossed salad and finish the meal with sweet tangerines or oranges.

Makes 4, 3-cup servings

Prep time: 10 minutes

Cook time: 25 minutes

INGREDIENTS

1 Tbsp GIANT canola oil

1 cup chopped onion

1 clove GIANT garlic, crushed

1 cup chopped GIANT celery

1 cup GIANT long grain brown rice

2 cups water

4 cups broccoli cuts or florets or stir fry vegetables

1 lb raw shrimp, thawed in refrigerator if frozen

Juice of 1/2 lemon

Freshly ground pepper



Heat oil in a large skillet over medium heat. Saute onion and garlic in the skillet for 3 or 4 minutes. Add the celery and cook for another 3 minutes. Stir in rice and water, cover and bring to a boil. Turn heat down to low, place broccoli and shrimp on top of the rice, cover, and simmer (you may need to adjust heat so that contents continue to simmer gently) for 15 minutes until rice is cooked, broccoli is tender and shrimp are pink. Season with lemon juice and pepper. Divide among plates. Enjoy!

Nutrition information per serving: 330 calories, 6g fat, 1g saturated fat, 175mg cholesterol, 45g carbohydrate, 5g fiber, 25g protein, 250mg sodium

Recipe courtesy of GIANT Food Stores

Pork Chops with Peach Jalapeno Sauce

When peaches are in season, enjoy them while you can. Try peaches steamed with onions and jalapeno peppers for a surprising flavor twist. Pair this recipe with a baked potato half and a medley of fresh green beans with zucchini or yellow squash for a colorful combination.

Makes 4, 6 oz servings
Prep time: 15 minutes
Cook time: 20-40 minutes

INGREDIENTS

4 GIANT boneless pork chops (about 1 pound total)
1 1/2 cups peaches, peeled, pitted and coarsely chopped
1/4 cup GIANT sugar
3/4 cup chopped onion
3 Tbsp lemon juice
1 jalapeño pepper, seeded and chopped
1/4 tsp GIANT ground cinnamon
1 tsp GIANT cornstarch



To grill: Trim any fat from the pork chops. In a grill with a cover, arrange the preheated coals around a drip pan. Test for medium heat above the drip pan. Place the pork chops on the grill rack directly over the drip pan. Cover and grill the chops for 35 to 40 minutes or until the juices run clear.

To broil: Trim any fat from the pork chops. Place pork chops on the unheated rack of a broiler pan. Broil with the surface of the chops 3 to 4 inches from the heat for 18 to 22 minutes or until juices run clear, turning once.

For sauce, in a small saucepan combine the peaches, sugar, onion, lemon juice, pepper, cinnamon and cornstarch. Bring to boiling, stirring constantly. Reduce heat and simmer for 5 minutes, stirring occasionally, until sauce thickens. Serve sauce over chops.

Nutrition information per serving: 225 calories, 5g fat, 2g saturated fat, 50mg cholesterol, 45mg sodium, 24g carbohydrate, 2g fiber, 21g protein.

Recipe courtesy of GIANT Food Stores

Chicken with Spicy Lime Rub

Get your taste buds ready for this flavorful recipe. Place the rub ingredients under the chicken skin before grilling so that they remain on the meat when you remove the skin before eating. Grill some corn on the cob and serve cole slaw or broccoli salad on the side. Finish with refreshing cantaloupe for dessert.

Makes 4, 3-oz servings

Prep time: 15 minutes plus marinating time

Cook time: 50 minutes

INGREDIENTS

- 1 GIANT lime for juice and grated peel
- 1 tbsp GIANT canola oil
- 2 garlic cloves, chopped
- 2 whole GIANT scallions, finely chopped
- 1/4 tsp GIANT ground black pepper
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp GIANT salt
- 2 lb GIANT Chicken Leg Quarters, divided



Squeeze juice from lime and grate zest (green part only). Combine the lime juice and zest, canola oil, garlic, scallions, black pepper, cayenne, chili powder, cumin, and salt into a paste. Loosen the chicken skin gently with your fingers and spread the paste evenly over meat. Place chicken parts in a resealable plastic bag and marinate in the refrigerator at least 1 hour or up to 6 hours.

Remove chicken from bag. Grill the chicken, skin side up, over indirect medium heat 40 to 50 minutes until internal temperature reaches 165 degrees.

Nutrition information per serving (without skin): 160 calories, 9 g fat, 2 g saturated fat, 55 mg cholesterol, 3 g carbohydrate, 1 g fiber, 17 g protein, 330 mg sodium.

Recipe courtesy of GIANT Food Stores

Sweet and Sour Turkey

What can you do with leftover turkey besides using it in sandwiches and casseroles? Go for a flavor change from traditional to oriental with pineapple and green pepper. Also try this recipe with cooked chicken, beef or meatballs in place of the turkey.

Makes 4, 3-cup servings

Preparation time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

1 Tbsp GIANT canola oil

1 cup chopped onion

1/4 cup GIANT brown sugar, packed

2 Tbsp GIANT cornstarch

1/3 cup GIANT white vinegar

1/4 tsp ground ginger

20 oz can GIANT pineapple chunks, drain juice and reserve

1 green or red bell pepper, seeded and cubed

12-16 oz package GIANT frozen vegetables (broccoli, asparagus, stir-fry)

3 cups cooked turkey, cubed

Freshly ground black pepper

1 tsp toasted sesame oil or 1 Tbsp toasted sesame seeds, optional

3 cups cooked GIANT brown rice



Heat oil in large skillet over medium heat. Saute onion just until tender, about 3 minutes. Combine sugar, cornstarch, vinegar, ginger and juice from canned pineapple and add to skillet. Cook until thickened. Add green pepper and vegetables and cook until just tender. Add turkey cubes and pineapple chunks and heat through. Season with black pepper. Stir in sesame oil or sprinkle with sesame seeds. Serve over cooked rice.

Nutrition information per serving: 610 calories, 11 g fat, 2 g saturated fat, 80 mg cholesterol, 91 g carbohydrate, 6 g fiber, 39 g protein, 105 mg sodium.

Recipe courtesy of GIANT Food Stores

Deviled Crab

A stick of butter and a cup of heavy cream? Not for this recipe! Save calories and fat by substituting a white sauce made with skim milk. Imitation crab meat works well for this recipe and is also a budget saver. Great over a baked potato, pasta or rice. Serve with broccoli and a green salad on the side.

Makes 4, 4 oz servings

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

14 oz crab meat or imitation crab meat
3 tsp GIANT butter, divided
1/2 cup sweet red pepper, chopped
1/2 cup green onions, sliced or yellow onions, chopped
1 Tbsp GIANT flour
2 cups GIANT skim milk
Dash of cayenne pepper
1 Tbsp GIANT spicy brown mustard
1/4 cup GIANT bread crumbs
Minced parsley for garnish



Melt 2 teaspoons butter in a heavy saucepan. Add the pepper and onion and sauté over a low flame just until limp. Add the flour to the pan and blend well. Add the milk, pepper and mustard and stir over low heat until the mixture is slightly thick. Fold in crab meat and pour mixture into a buttered baking dish or 4 individual dishes or baking shells. Melt 1 teaspoon butter and combine with bread crumbs; sprinkle on top. Bake at 350° for 20 minutes. Garnish with minced parsley.

Nutrition information per serving: 220 calories, 5g fat, 2g saturated fat, 35mg cholesterol, 670mg sodium, 29g carbohydrate, 1g fiber, 15g protein.

Recipe courtesy of GIANT Food Stores

Italian Beef Skillet

Use frozen and canned vegetables and fruits to round out your meals. Canned diced tomatoes add to the flavor of this beef dish. Cook up a frozen green vegetable for your side dish. Then open a can of juicy pineapple chunks for a luscious dessert.

Makes 4, 10-ounce servings

Prep time: 15 minutes

Cook time: 1 hour, 15 minutes

INGREDIENTS

1 lb beef round

1 Tbsp GIANT canola oil

8 oz GIANT sliced mushrooms

1 cup chopped onion

2 cloves GIANT garlic, crushed

1 can (14.5 oz) GIANT diced tomatoes

1/2 tsp GIANT dried basil

1/4 tsp GIANT dried oregano

1/8 tsp GIANT ground black pepper

1/2 lb GIANT pasta, cook according to package directions



Trim fat from meat. Slice thinly across the grain into bit-sized strips. In large skillet heat 1 tsp of the oil over medium heat. Add meat pieces to skillet in 3 batches, using remaining oil, and brown on each side; transfer each batch to a bowl and keep warm. Add mushrooms, onions and garlic to skillet. Cook until vegetables are almost tender. Stir in tomatoes, basil, oregano and pepper. Return meat to skillet. Cover and simmer about 1 hour or until meat is tender, stirring occasionally. Serve over cooked pasta.

Nutrition information per serving: 500 calories, 19 g fat, 6 g saturated fat, 70 mg cholesterol, 54 g carbohydrate, 4 g fiber, 33 g protein, 220 mg sodium.

Recipe courtesy of GIANT Food Stores

Easy Chicken Cacciatore

This tasty meal can be made in about 30 minutes. Start boiling the water for pasta before you prepare the chicken. Cook some green beans while you wait for the pasta and chicken to finish. Add fruit to complete the meal.

Makes 4, 12-oz servings

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

1 lb. GIANT boneless, skinless chicken breasts

1 Tbsp GIANT canola oil

1 medium onion, cut in chunks

1 medium green bell pepper, cut in chunks

14 oz. can GIANT diced tomatoes

1 tsp. Italian seasoning (oregano, garlic, basil)

8 oz. GIANT pasta

GIANT Parmesan cheese (optional)



Slice chicken into bite-sized chunks. Heat oil in a large skillet over medium heat. Add chicken pieces and brown on all sides. Add onion, bell pepper, tomatoes and seasoning to skillet and bring to a boil. Reduce heat to medium-low and cook for 15-20 minutes. Cook pasta according to package directions.

Serve chicken and sauce over pasta. Sprinkle with Parmesan cheese if desired.

Nutrition information per serving: 380 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 51 g carbohydrate, 4 g fiber, 35 g protein, 230 mg sodium.

Recipe courtesy of GIANT Food Stores

Pasta with Ham & Green Beans

This recipe is an attractive and tasty way to use up leftover ham. You can substitute asparagus, broccoli or green peas for the beans. Serve with crunchy baby carrots for contrast in texture and color. Finish the meal with red grapes.

Makes 4, 2 cup servings

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

8 oz GIANT spaghetti

16 oz GIANT fresh, frozen or canned (no salt added) green beans

1/4 cup GIANT all-purpose flour

1/8 tsp GIANT ground black pepper

2 cups GIANT skim milk

1 Tbsp GIANT butter

1/2 cup chopped onion

1 cup cubed ham

1/4 cup GIANT grated Parmesan cheese

Fresh GIANT parsley, chopped (optional)



Cook spaghetti according to package directions. Drain and keep warm. Microwave or cook green beans until tender.

In a small bowl whisk together the flour, pepper and milk. Melt butter in a skillet over medium heat, add onion and cook until tender and translucent. Add milk mixture to skillet and cook, stirring constantly, until thick and bubbly. Add cubed ham to sauce and heat through.

Plate out spaghetti, top with beans and pour sauce over. Sprinkle with Parmesan cheese and garnish with chopped parsley.

Nutrition information per serving: 440 calories, 9g fat, 4g saturated fat, 30mg cholesterol, 640mg sodium, 66g carbohydrate, 5g fiber, 23g protein.

Recipe courtesy of GIANT Food Stores

Lemon-Garlic Chicken Skewers

Try this delicious meal for your next “cook-in”. The chicken is cooked under the broiler so prep time is quick and convenient - great for a rainy day or any day when you don’t want to fire up the grill. Use your microwave to prepare sweet corn. Serve with a salad and end the meal with fresh fruit.

Makes 4, 4 oz servings

Prep time: 20 minutes

Cook time: 10 minutes

INGREDIENTS

3/4 cup GIANT low-fat plain yogurt

1 tsp. GIANT paprika

2 cloves GIANT garlic, minced

3/4 tsp. finely shredded or grated lemon zest

1/8 tsp. cayenne pepper

1 lb. GIANT skinless, boneless chicken breasts, cut lengthwise into 3/4 -inch strips

4 12-inch skewers

2 Tbsp chopped GIANT fresh parsley



In a small bowl, combine yogurt, paprika, garlic, lemon zest, and cayenne, and stir to mix well. Transfer 1/3 cup of the yogurt mixture to a bowl. Refrigerate while preparing the chicken.

Thread the chicken strips accordion style onto the skewers. Place the skewers on a large, rimmed baking sheet and spoon the remaining yogurt mixture over the chicken, turning to coat both sides. Let marinate at room temperature for 10 minutes.

While the chicken is marinating, preheat the broiler. Place the pan with the skewers under the broiler 4-6 inches from the heat source. Broil, turning once, until the chicken is opaque throughout, about 4-5 minutes per side. Transfer the skewers to individual plates and sprinkle with parsley. Serve with the seasoned yogurt for dipping.

Nutrition Information per serving: 160 calories, 29g protein, 5g carbohydrate, 2g total fat, 1g saturated fat, 70mg cholesterol, 110mg sodium.

Recipe courtesy of GIANT Food Stores

Tuna Pasta Salad

Make a cool salad that's perfect for lunch or dinner on a warm day. Combine pasta, canned tuna and fresh vegetables, tossed with Italian dressing. Serve with baguette bread from the bakery. Add some luscious fruit for dessert.

Makes 4, 3 cup servings

Prep Time: 25 minutes

INGREDIENTS

- 1 cup GIANT short pasta such as ziti
- 2 cups chopped tomatoes or halved cherry tomatoes
- 1 cup chopped green pepper
- 1 cup diced cucumber
- 1/2 cup chopped onion
- 2 cans (5 oz) GIANT tuna (solid white or chunk light)
- 1/4 cup Italian vinaigrette dressing
- 6 cups lettuce or spinach leaves
- 4 Tbsp GIANT grated Parmesan cheese



Cook pasta according to package directions for “al dente”. Drain, rinse and cool. Combine cooked pasta, tomatoes, peppers, cucumbers, onions and tuna in large bowl. Add dressing, toss to coat. Divide lettuce among 4 salad plates. Spoon pasta salad over lettuce and sprinkle with Parmesan cheese.

Nutrition information per serving: 300 calories, 11 g fat, 2 g saturated fat, 35 mg cholesterol, 450 mg sodium, 32 g carbohydrate, 4 g fiber, 22 g protein.

Recipe courtesy of GIANT Food Stores

Garden Salad with Chicken and Hummus Dressing

For a different twist on a garden salad, use your favorite flavor of hummus as the base for a dressing! Serve the salad with a crusty bread or pita triangles and finish the meal with fresh fruit.

Garden Salad with Chicken and Hummus Dressing

Makes 4, 3-cup servings

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

1 lb GIANT boneless, skinless chicken breast

GIANT ground black pepper

8 cups shredded lettuce

1 cucumber, peeled and sliced

1/2 cup GIANT hummus

2 Tbsp GIANT lemon juice

1 tsp GIANT olive oil

1/4 cup chopped GIANT parsley for garnish



Grill, broil or sauté chicken breast or use leftover chicken. Sprinkle with pepper to taste and slice into strips or cubes. May be prepared ahead and refrigerated.

Divide lettuce and cucumbers among 4 plates. Top with cooked chicken.

In a small bowl whisk together hummus, lemon juice and oil. Spoon dressing over each salad. Garnish with chopped parsley.

Nutrition information per serving: 200 calories, 6 g fat, 1 g saturated fat, 65 mg cholesterol, 210 mg sodium, 11 g carbohydrate, 5 g fiber, 31 g protein.

Recipe courtesy of GIANT Food Stores

Spanish Beef

Leaner cuts of beef benefit from a quick browning to maximize the flavor and then braising in liquids to make them tender. You can make this recipe a day ahead and reheat. Serve over rice to take advantage of the flavorful juices. Add a side of green beans and serve fruit for dessert.

Makes 7, 7-oz. servings

Prep time: 18 minutes

Cook time: 2 hours

INGREDIENTS

- 2 1/2 lb. GIANT boneless bottom round roast
- 1 Tbsp. GIANT olive oil
- 2 cups chopped Spanish or sweet onions
- 1 large GIANT clove garlic, minced
- 1/2 cup GIANT sliced pimiento-stuffed green olives
- 1 Tbsp. olive juice
- 1 can (14.5 oz.) GIANT stewed tomatoes with juices
- 1 Tbsp. GIANT dried oregano
- 1 tsp. GIANT sugar
- 1/2 tsp. GIANT ground black pepper
- 1 cup water



Preheat oven to 350 degrees. Cut beef into 1-inch cubes, trimming fat.

Heat oil in a large skillet over medium-high heat. Add beef and brown quickly. Remove beef to an 8x12-inch baking dish.

Add onions and garlic to the skillet and sauté in the pan drippings until soft. Reduce heat to medium. Add remaining ingredients and mix well. Pour over beef. Cover and bake for 2 hours or until beef is tender.

Nutrition information per serving: 270 calories, 12 g fat, 3 g saturated fat, 80 mg cholesterol, 600 mg sodium, 11 g carbohydrate, 2 g fiber, 29 g protein.

Recipe courtesy of GIANT Food Stores

Baked Caribbean Lime Tilapia

Tilapia is a healthy choice that is low in fat and a good source of protein. The mild flavor lends itself to a variety of seasonings like this piquant lime sauce. Serve with corn and steamed baby carrots for a balanced flavor and color combination. End the meal with fresh fruit.

Makes 4, 3 ounce servings

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

4 tilapia fillets, about 1 lb total
1/2 tsp. grated lime peel or zest
2 T. fresh lime juice
1 T. GIANT canola oil
1/2 tsp. GIANT garlic, minced
1/2 tsp. hot pepper sauce
1/4 tsp. freshly ground pepper
1/4 tsp. GIANT salt



Preheat oven to 400 degrees. Spray an 8x11-inch baking dish with cooking spray. Mix lime zest and juice, canola oil, garlic, pepper sauce, pepper and salt together in a small bowl. Place tilapia in prepared dish in a single layer, turning under thin edges. Evenly spread sauce over each fillet. Bake, uncovered, about 10-14 minutes or until fish is opaque and flakes.

Nutrition information per serving: 140 calories, 5 g fat, 1 g saturated fat, 55 mg cholesterol, 210 mg sodium, 1 g carbohydrate, 0 g fiber, 23 g protein.

Recipe courtesy of GIANT Food Stores

Turkey Meatball Sandwich with Yogurt Sauce

Want to try something new? Tempt your taste buds with this recipe that puts an exotic twist on the traditional meatball sandwich. Top it off with slices of cool cucumber and crisp lettuce. For dessert, continue the adventure with juicy slices of sweet mango!

Makes 4, 8-oz servings

Prep Time: 15 minutes

Cook Time: 10 minutes

INGREDIENTS

2, 6-oz containers GIANT plain, low-fat yogurt
4 tsp dried parsley flakes, divided
2 tsp GIANT sugar
1 lime for zest and juice
1/4 tsp cayenne pepper
1 lb Nature's Promise 94% Lean Ground Turkey
1/2 cup GIANT dry bread crumbs
1/3 cup finely sliced scallion greens
1 GIANT egg white
1 Tbsp GIANT canola oil
1 8.8-oz package GIANT Indian Naan Bread or pita bread
1 cucumber, sliced
4 fresh lettuce leaves

Pour yogurt into a small bowl. Whisk together 2 tsp parsley, the sugar, juice from 1 lime, and cayenne pepper. Let stand 15 minutes.

Combine turkey, bread crumbs, scallions, lime zest and remaining parsley. Add the egg white and knead by hand or mix with a fork or spoon. Form meatballs into 1 1/2-inch diameter shapes and flatten slightly. Heat the canola oil in a frying pan over medium heat and cook meatballs until golden brown and internal temperature reaches 165 degrees. Remove from pan and drain on paper towels.

For each sandwich use half of a piece of naan. Portion lettuce, meatballs and cucumbers on top. Drizzle with yogurt sauce.

Nutritional Information per serving: 470 calories, 16 g total fat, 5 g saturated fat, 80 mg cholesterol, 420 mg sodium, 42 g carbohydrates, 2 g fiber, 36 g protein

Recipe courtesy of GIANT Food Stores

Rosemary Chicken with Mashed Sweet Potatoes

Bring out the sweetness of sweet potatoes, sometimes called yams, with orange zest and orange juice. The orange flavor pairs well with the garlic and rosemary seasoning on the chicken. Complete the rainbow of colors on your plate by adding a green vegetable.

Makes 4, 7 ounce servings

Prep time: 10 minutes

Cook time: 40 minutes

INGREDIENTS

1 lb GIANT boneless, skinless chicken breasts

1/2 tsp minced GIANT garlic

1/2 tsp dried rosemary

GIANT ground black pepper

2 sweet potatoes (yams), about 1 lb

1/2 tsp orange zest

1 Tbsp GIANT butter

GIANT Orange juice



Preheat oven to 375 degrees. Cut chicken breasts in half to make 4 pieces. Season with garlic, rosemary and pepper and place in baking pan. Cover with foil and bake for 35 to 40 minutes or until temperature on meat thermometer registers 165 degrees.

While chicken is baking, scrub sweet potatoes and pierce with a fork in several places. Place in a microwavable casserole dish with 2 tablespoons water, cover and microwave on high for 10 to 13 minutes or until tender, turning once halfway through cooking. Let stand 5 minutes. Slice open, scoop out flesh and place in a bowl with the orange zest. Mash with 1 tablespoon butter and enough orange juice to moisten. Reheat in microwave if necessary.

Serve chicken with the mashed sweet potatoes and a green vegetable.

Nutrition information per serving: 240 calories, 5 g fat, 2 g saturated fat, 75 mg cholesterol, 21 g carbohydrate, 3 g fiber, 28 g protein, 120 mg sodium.

Recipe courtesy of GIANT Food Stores

Pork Chops with Orange Sauce

Take advantage of savings on a whole boneless pork loin. Divide it into roasts, chops and cubes for a variety of recipes. Wrap each portion in freezer paper or store in plastic freezer storage bags and make sure to label and date. Enjoy this recipe for a quick meal. Serve the pork chops with cooked rice and steamed broccoli. You can save the oranges for dessert instead of using as a garnish.

Makes 4, 5-oz servings

Prep Time: 10 min.

Cook Time: 15 min.

INGREDIENTS

- 1 lb pork loin chops
- 1/8 tsp GIANT ground black pepper
- 1/4 tsp GIANT dried thyme
- 1/4 tsp GIANT ground ginger
- 2 tsp GIANT canola oil
- 1 GIANT garlic clove, minced
- 1/2 cup chopped onion
- 1/2 cup GIANT orange juice
- 1/4 tsp grated orange zest
- 2 Tbsp GIANT brown sugar, packed
- 1 tsp GIANT cornstarch
- 1 Tbsp water
- Fresh orange slices for garnish (optional)



You can use a whole, boneless pork loin and slice into chops. Trim all visible fat from pork slices, sprinkle with pepper, thyme and ginger. Heat oil over medium heat in a large skillet and sauté pork slices until nicely browned on both sides and cooked through, about 10 minutes.

Combine garlic, onion, orange juice, brown sugar, and cornstarch. Pour sauce over pork, reduce heat and simmer for 5 minutes or until onions are softened. Garnish with orange slices if desired.

Nutrition information per serving: 230 calories, 5 g fat, 1 g saturated fat, 65 mg cholesterol, 15 g carbohydrate, 1 g fiber, 30 g protein, 55 mg sodium.

Recipe courtesy of GIANT Food Stores

Shrimp Parmesan

This pasta and shrimp recipe gets its zesty flavor from the combination of garlic, lemon juice and Parmesan cheese. Choose whole grain pasta to boost your fiber intake. Complete your meal with a generous serving of broccoli and enjoy some fresh in-season fruit for dessert.

Makes 4, 6 oz servings

Preparation time: 20 minutes

INGREDIENTS

1/2 lb uncooked GIANT pasta

2 Tbsp GIANT olive oil

2 Tbsp chopped GIANT parsley

1 Tbsp GIANT butter

2 GIANT garlic cloves, crushed

1 lb raw shrimp, peeled and deveined

3 Tbsp fresh lemon juice

4 Tbsp GIANT grated Parmesan cheese

Pepper to taste



In a large pot of boiling water, cook the pasta until just barely tender; drain and place in a large bowl. Toss the pasta with the olive oil and parsley and keep warm. Meanwhile, in a large skillet, heat the butter; add the shrimp and garlic and sauté just until the shrimp turns pink, about 3 minutes. Stir in the lemon juice. Serve the shrimp over the pasta. Sprinkle each serving with 1 tablespoon Parmesan cheese and pepper to taste.

Nutrition information per serving: 410 calories, 13 g fat, 4 g saturated fat, 190 mg cholesterol, 44 g carbohydrate, 1 g fiber, 28 g protein, 330 mg sodium.

Recipe courtesy of GIANT Food Stores

Mock Chicken Marsala

Make a rich-tasting Chicken “Marsala” without the wine by substituting beef broth, apple cider and a “secret ingredient”. Serve with pasta or noodles and cooked green beans. End the meal with fresh sliced apples.

Makes 4, 7 oz. servings

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

1 lb GIANT boneless, skinless chicken breasts
1/4 cup GIANT all-purpose flour
1/4 tsp GIANT dried oregano, crushed
1/8 tsp. GIANT ground black pepper
1 Tbsp GIANT butter
2 cups GIANT sliced fresh mushrooms
1/2 cup sliced onions
1 Tbsp GIANT canola oil
1/2 cup GIANT beef broth
1/2 cup GIANT apple cider
1 tsp GIANT vanilla extract
Chopped GIANT parsley (optional)



Place each chicken breast inside a gallon-sized plastic food storage bag and use a meat mallet to pound chicken (inside the bag to prevent splatter) to 1/4 inch thick. Stir together flour, oregano and pepper. Press chicken pieces into flour mixture on both sides and shake off excess.

In a large skillet, heat butter over medium heat and cook mushrooms and onion until tender; remove from skillet. In the same skillet cook chicken pieces in canola oil over medium heat for 5 minutes, turning to brown evenly. Combine broth, cider and vanilla and add to skillet. Return mushrooms and onion to skillet. Cook, uncovered, about 5 minutes or till mixture thickens slightly, stirring occasionally. To serve, spoon some of the mushroom mixture over each chicken breast and sprinkle with chopped parsley, if desired.

Nutrition information per serving: 240 calories, 8 g fat, 2 g saturated fat, 75 mg cholesterol, 270 mg sodium, 13 g carbohydrate, 1 g fiber, 29 g protein.

Recipe courtesy of GIANT Food Stores

Tender Roasted London Broil

Slow roast London broil with tomatoes and herbs and you'll get rave reviews! Complete the meal with corn on the cob and green beans and serve watermelon for dessert. If you have leftovers, the roast will make great sandwiches.

Makes 8, 3 ounce servings

Prep Time: 5 min.

Cook Time: 3 hr.

INGREDIENTS

2 lb GIANT beef top round London Broil

3 GIANT garlic cloves, crushed

2 tsp GIANT dried oregano

GIANT ground black pepper to taste

28 oz can GIANT stewed tomatoes

1/2 cup water



Preheat oven to 325 degrees. Place the roast in a roasting pan. Spread garlic, oregano and pepper over roast and pour stewed tomatoes over. Add water to pan. Cover pan and roast for 3 hours, until fork tender. Let stand for about 10 minutes before carving and serving.

Nutrition information per serving: 230 calories, 11 g fat, 4 g saturated fat, 70 mg cholesterol, 85 mg sodium, 7 g carbohydrate, 1 g fiber, 25 g protein.

Recipe courtesy of GIANT Food Stores

Lemon-Parsley Skillet Chicken with Potatoes and Green Beans

Add some green to your pocket as well as your skillet. Parsley and green beans provide color as well as flavor for this one-skillet quick meal. End on a sweet note with green grapes for dessert.

Makes 4, 2-cup servings

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

1 lb GIANT boneless, skinless chicken breasts

2 Tbsp GIANT canola or olive oil

1 lb GIANT green beans, fresh or frozen

2 cloves GIANT garlic, crushed

1 lb GIANT Russet potatoes, peeled, cut into 1/2-inch cubes

1/4 cup fresh flat-leaf parsley, chopped

Juice and zest of half a lemon

1/8 tsp GIANT ground black pepper



Cut chicken into strips. Heat 1 tablespoon of the oil in a large skillet over medium heat. Sauté chicken until lightly browned and cooked through; remove from skillet and keep warm. Add green beans to skillet and sauté until they just begin to brown, about 5 minutes; remove from skillet and keep warm. Add remaining 1 tablespoon of oil and sauté garlic and potatoes until browned and tender, about 8 minutes. Return chicken and green beans to skillet. Sprinkle with lemon juice, parsley and pepper and toss with potatoes to combine.

Nutrition information per serving: 400 calories, 9 g fat, 1 g saturated fat, 65 mg cholesterol, 51 g carbohydrate, 7 g fiber, 35 g protein, 100 mg sodium.

Recipe courtesy of GIANT Food Stores

Quick Turkey Chili

A hearty bowl of chili will help to warm you up on a chilly day. This recipe is a twist on the traditional chili since it is made with lean turkey instead of beef. Add a Ciabatta roll and a salad on the side, and you've got a delicious meal that's ready in no time. For a perfect ending, serve baked pears sprinkled with cinnamon.

Makes 6, 1 cup servings

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

- 1 tsp. GIANT canola oil
- 1 lb GIANT ground turkey, 93% lean / 7% fat
- 3/4 cup yellow onion, chopped
- 3/4 cup green pepper, chopped
- 1 Tbsp chili powder
- 2 tsp ground cumin
- 1/2 tsp GIANT dried oregano
- 2 tsp GIANT garlic powder
- 1 Tbsp GIANT tomato paste
- 1 can (15.5 oz.) GIANT Dark Red Kidney Beans, no salt added
- 1 can (28 oz.) GIANT Diced Tomatoes



In a large pot, heat the oil over medium heat. Add the turkey with the onion and green pepper. Cook until the turkey is lightly browned. Add the chili powder, cumin, oregano and garlic powder. Cook for 1 minute. Add the tomato paste, kidney beans and diced tomatoes. Simmer uncovered for 15 minutes. Serve as-is, with a dollop of fat-free sour cream or with reduced fat shredded cheddar cheese.

If you are making this ahead of time, chili can be stored in a sealed container for up to 3 days. Chili may also be frozen and stored for 2 months.

Nutrition information per serving: 260 calories, 9 g fat, 2 g saturated fat, 70 mg cholesterol, 380 mg sodium, 22 g carbohydrate, 5 g fiber, 25 g protein.

Recipe courtesy of GIANT Food Stores

Chicken Country Captain

Enjoy the combination of savory and sweet flavors in this easy chicken and tomato recipe. Serve with cooked brown rice and steamed green beans. End the meal with slices of juicy watermelon.

Makes 4, 4 ounce servings

Prep time: 10 minutes

Cook time: 45 minutes

INGREDIENTS

2 lb GIANT chicken drumsticks

3 Tbsp GIANT flour

1/2 cup green pepper, cut in chunks

1/2 cup diced onion

1 can (14.5 oz) GIANT diced tomatoes

1/4 cup GIANT seedless raisins

2 Tbsp packed GIANT brown sugar

1 tsp curry powder

1/4 tsp GIANT salt



Remove skin from chicken. Put flour on a plate or in a plastic bag. Roll chicken drumsticks in flour until covered. Spray a large skillet with non-stick cooking spray. Heat skillet over medium-high heat, add floured chicken pieces and cook for a total of about 5 minutes, turning to brown all sides. Add remaining ingredients. Simmer over medium low heat about 40 minutes or until chicken pieces are cooked thoroughly.

Nutrition information per serving: 270 calories, 5 g fat, 1 g saturated fat, 105 mg cholesterol, 280 mg sodium, 28 g carbohydrate, 2 g fiber, 29 g protein.

Recipe courtesy of GIANT Food Stores

Broiled Fish with Tomato Basil Topping

This recipe lends itself to almost any type of mild-flavored fish fillets. You don't need a heavy cream sauce - the tomato topping adds lots of flavor, texture and moistness without adding lots of calories and saturated fat. Make a medley of green beans and yellow squash to complement the color of the topping and increase your vegetable intake. Serve with rice, bread or pasta and finish the meal with pineapple chunks.

Makes 4, 5 oz servings

Prep time: 20 minutes + refrigeration

Cook time: 10 minutes

INGREDIENTS

- 1 lb fish fillets
- 2 green onions, sliced including green portion
- 2 medium tomatoes, chopped
- 2 Tbsp chopped GIANT fresh basil leaves or 1 tsp dried
- 1 clove GIANT garlic, crushed
- 1/4 tsp GIANT ground black pepper
- Juice of 1 GIANT lemon
- 2 Tbsp GIANT olive oil

In a medium bowl, combine all ingredients except fish and refrigerate about 1 hour. Preheat broiler and position rack in oven 6 inches from heat source. Place fish fillets on a lightly oiled baking sheet and broil for about 5 minutes or until done on top. Remove from broiler, turn fish over and top fillets with the vegetable mixture. Return to broiler and cook until the topping is heated through and fish is opaque and flakes easily.

Nutrition information per serving: 190 calories, 8g total fat, 1g saturated fat, 55mg cholesterol, 6g carbohydrate, 1g fiber, 22g protein, 100mg sodium.

Recipe courtesy of GIANT Food Stores

Chicken with Pears

Try this flavorful pairing of pears with Parmesan cheese, rosemary and pecans. To round out the meal, serve a baked potato and a green vegetable such as broccoli or green beans.

Makes 4, 6 oz servings

Prep time: 15 minutes

Cook time: 45 minutes

INGREDIENTS

1 large pear, peeled

2 boneless, skinless chicken breasts halves, about 1 lb

GIANT ground black pepper

1/2 tsp dried rosemary

8 tsp GIANT grated Parmesan cheese

1/4 cup GIANT fine dry bread crumbs

1/4 cup GIANT pecans or walnuts

1 Tbsp GIANT butter, melted



Slice pear into 8 sections and remove core. Lightly oil an 8 or 9-inch baking pan. Cut chicken breasts in half horizontally to make 4 thin fillets, pound or press with fingers to flatten if necessary to about 4x6 inches. Season chicken with pepper and place in prepared pan (chicken will fit, fillets will get folded over). On one end of each chicken piece place 2 slices of pear, a sprinkle of rosemary, and 2 teaspoons of Parmesan cheese. Fold chicken over to enclose pears. Combine bread crumbs and nuts with melted butter and sprinkle over the chicken packets. Cover with foil. Bake at 375 degrees for 40-45 minutes or until done.

Nutrition information per serving: 290 calories, 11g total fat, 3g saturated fat, 75mg cholesterol, 17g carbohydrate, 2g fiber, 30g protein, 280mg sodium.

Recipe courtesy of GIANT Food Stores