



**Meal Plan coordinates with the contents of our weekly Medium Produce Bin and includes five 4-serving recipes. We hope you enjoy! [Join our Meal Plan Think Tank here.](#)*

GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 1-16-2018

Sheet Pan Garlic Parmesan Roasted Chicken, Green Beans and Red Potatoes
Curried Carrot Soup, Kale Salad and Hasselback Apples
Madison Pot Pie "Roasted Veggie" with Red Leaf Salad
Blackened Mahi Mahi with Roasted Broccoli and Garlic Mashed Red Potatoes
Red Baby Bok Choy and Mushroom Stir Fry

Sheet Pan Garlic Parmesan Roasted Chicken, Green Beans and Red Potatoes **GF**

Ingredients:

1 Lb. Queen B Farms chicken breasts
1 lemon, zested and juiced
1 tsp. salt, divided
1 tsp. pepper
1 Lb. Red Potatoes, quartered
1 Lb. Green Beans, washed and trimmed
3 Tbsps. butter, melted
3 Tbsps. olive oil
5 cloves garlic, crushed
½ cup Organic Valley grated parmesan cheese
¼ tsp. black pepper

Instructions:

1. Preheat the oven to 375 degrees. Line a baking sheet with parchment paper.
2. Lay chicken breasts out onto the baking sheet. Drizzle with lemon juice and season with ½ teaspoon salt and lemon pepper.
3. In a large mixing bowl, add potatoes and green beans. Toss with butter, olive oil, garlic, parmesan cheese, and ½ teaspoon salt and ¼ teaspoon black pepper until evenly coated.
4. Spread potatoes and broccoli out into an even layer on the sheet pan, surrounding the chicken.
5. Bake in the preheated oven for 35-40 minutes until chicken reaches an internal temperature of 165 degrees F and the potatoes and green beans are fork tender.
6. Garnish with lemon zest and freshly chopped parsley (optional).

Curried Carrot Soup, Kale Salad and Hasselback Apples

GF, DF, V

Ingredients:

Soup

2 Tbsps. olive oil
1/2 cup spring onions, diced
1 Lb. carrots, diced
1 cup dried red lentils
2 Tbsps. yellow curry powder
2 tsps. fresh ginger minced
6 cups veggie broth (or broth of choice)
1 can Native Forest coconut milk minus 1/2 cup*
1 tsp. salt to taste

*Reserve 1/2 cup for Bok Choy stir Fry

Salad

1 bunch kale, washed, stemmed and torn
1 large garlic clove, minced
2 Tbsps. fresh lemon juice
4 Tbsps. olive oil
1/4 tsp. salt
1/4 tsp. ground black pepper
1/4 dried unsweetened cranberries, for garnish

Apples

2 Lbs. Pink Lady apples, halved and cored
3/4 cup walnuts
2 Tbsps. local honey
1/4 cup rolled oats
1 tsp. cinnamon
2 Tbsps. coconut oil (not melted)

Instructions:

Soup

1. In a large pot, heat olive oil over medium heat. Add scallions and carrots. Let cook for 4 to 5 minutes or until carrots begin to soften.
2. Next, add lentils, curry powder, ginger. Stir and let cook until spices become fragrant, 1 to 2 minutes. Stir in veggie broth and bring to a boil then reduce to a simmer, cooking until lentils are soft, 10 to 15 minutes.
3. Remove from heat and using either an immersion blender or a regular blender, puree until soup is smooth. Return soup back to stove, stir in coconut milk, and heat soup for another few minutes, adding spices and salt to taste.

Salad

1. Remove the stems from the kale and discard. (You can save them for smoothies if you are hardcore!) Finely chop the kale leaves (the smaller, the better).
2. Wash the kale and spin dry. Place dried kale into a large bowl.
3. For the dressing: In a mini food processor, process the garlic until minced. Now add the lemon, oil, salt, and pepper and process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons.
4. Fold in dried cranberries. Serve and enjoy!

Apples

1. Preheat oven to 400 degrees F.
2. Make thin slices in the apple halves, being careful not to slice all the way down.
3. In a food processor pulse together walnuts, honey, oats and cinnamon, until broken up into smaller pieces but not completely smooth. Transfer to a bowl.
4. Combine walnut oat mixture with coconut oil. Mixing until incorporated.
5. In a baking dish, place apples, cut side down and stuff walnut oat mixture in between the slices and top the apples and surrounding areas with the crumb mixture.
6. Bake for 20-25 minutes, or until apples are soft and crumb mixture has browned.
7. Serve and enjoy!

Madison Pot Pie "Roasted Veggie" with Red Leaf Salad

V

Ingredients:

Pot Pie

Family Sized Roasted Veggie Pot Pie

Red Leaf Lettuce Salad

1 head Red Lettuce, washed and torn

1 pint cherry tomatoes, washed and halved

Bragg's Healthy Vinaigrette

Salt and pepper to taste

Instructions:

Pot Pie

1. Prepare Roasted Veggie Pot Pie per instructions.

Red Leaf Lettuce Salad

1. Add lettuce greens to serving bowl. Top with cherry tomatoes.
2. Drizzle with Bragg's Healthy Vinaigrette
3. Season with salt and pepper to taste

Blackened Mahi Mahi with Roasted Broccoli and Garlic Mashed Red Potatoes

GF

Ingredients:

Mahi Mahi

1 Lb. Mahi Mahi

Blackening Seasoning

1 Tbsp. olive oil

2 avocados, sliced

1 lime, cut into wedges for serving

Roasted Broccoli

1 bunch broccoli, cut into bite sized pieces.

(Stalk can be peeled and chopped and included with florets.)

2 Tbsp. olive oil

Salt and pepper to taste

Garlic Mashed Red Potatoes

1.5 Lbs. red potatoes, washed and cubed

3 garlic cloves, peeled

2 Tbsps. unsalted butter

1/2 cup half and half

1 tsp. salt

1/4 cup Organic Valley Parmesan cheese

Instructions:

Mahi Mahi

1. Heat a medium size skillet over medium high heat. While it is heating up, dredge the fish filets in the spice rub and coat evenly.
2. When the pan is warm, add the olive oil, and cook the spice rubbed fish until cooked thru. Cooking time will depend on the thickness of your fish. Typically about 3 to 4 minutes per side.
3. Top with sliced avocado and lime wedges.

Roasted Broccoli

1. Preheat oven to 400 degrees F.
2. Prepare broccoli and drizzle with olive oil, salt and pepper. Toss to combine.
3. Line cookie sheet with parchment paper. Spread broccoli onto prepared sheet.

Garlic Mashed Red Potatoes

1. Place potatoes and garlic in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until potatoes are very tender.
2. Drain well. Add the butter, half and half, and salt; mash. Stir in cheese.

Red Baby Bok Choy and Mushroom Stir Fry

GF, DF, V

Ingredients:

2 Lbs. Red Baby Bok Choy, washed and chopped
2 Tbsps. Olive oil
1 bunch spring onions, chopped
8 oz. cremini mushrooms, sliced
3.5 oz. shiitake mushrooms, sliced
2 garlic cloves, crushed
1 tsp. crushed red pepper flakes
1 tsp. salt
fresh ground black pepper
½ cup Native Forest coconut milk
2 cups Jasmine Rice

Instructions:

1. Prepare Jasmine rice per instructions
2. Heat the oil in a large skillet or saucepan over medium-low heat. Stir in the green onions, mushrooms, garlic, crushed red pepper, salt and black pepper; cook, stirring often, 5 minutes. Stir in the bok choy and coconut milk; cook, stirring until the leaves are tender and stalks are still crunchy, 3-6 minutes.
3. Serve stir fry over rice

MEPD Shopping List

Produce:

[Medium Sized Bin \\$38](#)

Includes:

Mixed Color Cherry Tomatoes - 1 Pint - FL, Organic - Lady Moon Farm
Green Kale - 1 Bunch - Local, Organic - Cottle Farm
Red Leaf Lettuce - 1 Bunch - FL, Organic - Lady Moon Farm
Green Beans - 1 Pound - FL, Organic - Alderman Farm
Carrots - 1 Pound - Local, Organic - Clem's Organic Garden
Broccoli - 1 Pound - GA, Organic - Crosset Organics
Pink Lady Apples - 2 Pound - Local, IPM - Parker Orchard
Red Potatoes - 2.5 Pounds - CA, Organic - Crosset Organics
Red Baby Bok Choy - 1 Pound - FL, Organic - Lady Moon Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemon \\$3.99](#)

[Spring onions \\$2.99](#)

[Ginger \\$3.99](#)

[Avocados \\$4.99](#)

[Cremini mushrooms \\$4.99](#)

[Shiitake mushrooms \\$4.99](#)

Eggs/Dairy:

[1 pint half & half \\$3.25](#)

[Organic Valley Grated Parmesan Cheese \\$6.99](#)

Meat/Protein:

[1 Lb. Queen B Pastured Chicken Breasts \\$11.99](#)

[1 Lb. Mahi Mahi \\$19.95](#)

Prepared:

[Family Sized Roasted Veggie Pot Pie \\$17.99](#)

Pantry:

[Lundberg Jasmine Rice \\$6.99](#)

[Red Lentils \\$6.99](#)

[Native Forest Coconut Milk \\$3.99](#)

[Bragg's Vinaigrette \\$6.49](#)

Total: 151.56

Price Per Serving: \$7.57

Pantry

Oils/Fats:

Olive oil

[butter \\$11.99](#)

Vinegar:

Herbs/Spices:

Salt

Pepper

Red pepper flakes

Cinnamon

Yellow curry powder

Blackening seasoning

Condiments/Sweeteners:

Honey

Maple syrup

Grocery:

Vegetable broth

Soy or Tamari Sauce

Unsweetened cranberries

Rolled oats

1 lime

Nuts/Seeds:

Walnuts