



*fred\*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 1-2-2018**

- One Pot Kale and Quinoa Pilaf**
- Herb Butter Salmon with Charred Tomatoes and Green Beans**
- Pastured Balsam Garden Chicken and Broccoli Teriyaki**
- Slow Cooker Grass-fed Beef Stew**
- Balsam Garden Bratwurst and Warm German Potato Salad**

### **One Pot Kale and Quinoa Pilaf**

**GF, V**

#### **Ingredients:**

4 cups salted water  
 2 cups quinoa  
 1 bunch green kale, washed and chopped into 1" lengths  
 1 lemon, zested and juiced  
 2 spring onions, minced  
 1 Tbsp. olive oil  
 3 Tbsps. toasted pine nuts  
 ¼ cup crumbled Three Graces Dairy Goat Cheese  
 Salt and pepper to taste  
 salt to taste

#### **Instructions:**

1. Bring the water to a boil in a covered pot. Add the quinoa, cover, and lower the heat until it is just enough to maintain a simmer. Let simmer for 10 minutes, then top with the kale and re-cover. Simmer another 5 minutes, then turn off the heat and allow to steam for 5 more minutes.
2. While the quinoa is cooking, take a large serving bowl and combine half of the lemon juice (reserving the other half), all of the lemon zest, spring onions, olive oil, pine nuts, and goat cheese.
3. Check the quinoa and kale when the cooking time has completed -- the water should have absorbed, and the quinoa will be tender but firm, and the kale tender and bright green. If the quinoa still has a hard white center, you can steam a bit longer (adding more water if needed). When the quinoa and kale are done, fluff the pilaf, and tip it into the waiting bowl with the remaining ingredients. As the hot quinoa hits the spring onions and lemon it should smell lovely. Toss to combine, seasoning with salt and pepper, and the remaining lemon juice if needed.

### **Herb Butter Salmon with Charred Tomatoes and Green Beans**

**GF**

#### **Ingredients:**

1 Lb. Sweet Cocktail Tomatoes  
 1 Lb. green beans  
 2 Tbsps. olive oil  
 Pinch sea salt

#### **Instructions:**

1. Preheat oven to broil high.
2. In a bowl toss tomatoes and string beans with oil or butter. Add salt and pepper.

<p><b>Pinch cracked black pepper</b>  <b>1 Lb. wild-caught salmon</b></p> <p><i>For the Herb Butter</i></p> <p><b>1/4 cup grass-fed butter</b>  <b>1/4 cup packed fresh parsley</b>  <b>2 garlic cloves, minced</b>  <b>Pinch fine sea salt</b></p>	<ol style="list-style-type: none"> <li>3. Place on a parchment paper lined baking sheet and broil for 5 minutes.</li> <li>4. While broiling, combine butter ingredients in a blender and blend until combined.</li> <li>5. Brush onto salmon and add the salmon to the baking sheet.</li> <li>6. Broil for 7 to 9 minutes (longer for thicker salmon), until veggies are blistered and salmon is cooked through. Taste and add additional salt and pepper as desired.</li> </ol>
---	--

**Pastured Balsam Garden Chicken and Broccoli Teriyaki**  
**GF\*, DF**

<p><b>Ingredients:</b></p> <p><i>Teriyaki Sauce</i>  <i>(Double batch. Freeze portion for later use)</i></p> <p><b>1.5 cups chopped fresh pineapple</b>  <b>2 Pink Lady apples, cored and cut into wedges</b>  <b>2 Tbsps. chopped fresh ginger</b>  <b>2 spring onions, cut into 1-inch pieces</b>  <b>1 cup packed light brown sugar (or sweetener of choice. Suggest coconut sugar for lower glycemic option)</b>  <b>Juice of 3 mandarins</b>  <b>2/3 cup low-sodium soy sauce*</b></p> <p><b>*Use GF Tamari</b></p> <p><i>Stir Fry</i></p> <p><b>1 Lb. Queen B Farm Pastured Chicken Breast, diced</b>  <b>1 Lb. broccoli, washed and chopped</b>  <b>2 Tbsps. Olive oil</b>  <b>2 cups Jasmine Rice</b></p>	<p><b>Instructions:</b></p> <p><i>Teriyaki Sauce</i></p> <ol style="list-style-type: none"> <li>1. Combine all of the ingredients in a saucepan over medium heat.</li> <li>2. Bring to a simmer and then reduce the heat to low. Continue to cook for 20 minutes, until the fruit is soft.</li> <li>3. Allow the mixture to cool for 20 minutes, then transfer to a blender or use an immersion blender to puree. Hold the lid down firmly with a clean, folded towel over it. (Be careful!) Start on low speed and blend until it is a smooth sauce.</li> </ol> <p><i>Stir Fry</i></p> <ol style="list-style-type: none"> <li>1. Prepare Jasmine Rice per instructions</li> <li>2. Add olive oil oil to large skillet over medium high heat</li> <li>3. To the pan, add diced chicken breast and brown</li> <li>4. Add broccoli to pan until tender</li> <li>5. Pour half of teriyaki sauce to the pan and toss to coat and incorporate flavors</li> <li>6. Serve over Jasmine rice</li> </ol>
---	---

## Slow Cooker Grass-fed Beef Stew

GF\*, DF

### Ingredients:

2 Lbs. Hickory Nut Gap Farm beef stew meat, cut in 1-inch pieces  
1/4 cup flour (can use GF All-Purpose flour)  
1 tsp. salt  
1/2 tsp. pepper  
1/2 tsp. dried thyme leaves  
3/4 cup beef broth  
1/4 cup tomato paste  
1/4 cup red wine  
2 garlic cloves, minced  
1 sweet yellow onion, diced  
1 Lb. Baby Gold potatoes, cut into quarters  
8 oz. crimini mushrooms, cut into quarters  
1 Lb. carrots (cut into coins)  
fresh parsley (to garnish)

### Instructions:

1. In a small bowl, combine the flour, salt, pepper, and thyme.
2. Place beef in a 5 qt crock pot. Sprinkle with the flour mixture, and toss to coat.
3. In the same small bowl used to mix the flour, combine the beef broth, tomato paste, wine, onion and garlic. Mix well and add it to the beef in the crock pot.
4. Add the potatoes, mushrooms and carrots to the crock pot and mix well to disperse the ingredients evenly throughout.
5. Cover and cook on HIGH 5 - 6 hours, or LOW for 8 - 9 hours, until vegetables and beef are tender.
6. DO NOT LIFT LID AND STIR DURING COOKING TIME.
7. When ready to serve, stir well, and garnish with fresh chopped parsley.

## Balsam Garden Bratwurst and Warm German Potato Salad

GF

### Ingredients:

1 Lb. Balsam Garden Bratwurst, sliced on a bias

#### *Potato Salad*

1 Tbsp. finely chopped fresh dill  
1/4 cup apple cider vinegar  
1 Tbsp. Lusty Monk Mustard  
1 tsp. salt, plus more for the cooking water  
Freshly ground black pepper  
1/4 cup olive oil  
1 Lb. Baby Gold Potatoes  
1 Lb. cucumbers, peeled, seeded and diced  
1/4 sweet yellow onion, finely diced

### Instructions:

#### *Bratwurst*

1. Warm skillet over medium heat.
2. Add sliced bratwurst to pan, and heat until browned on both sides.
3. Remove from heat.

#### *Potato Salad*

1. Combine the dill, vinegar, mustard, salt, and a pinch of black pepper in a small bowl. Stir to combine, then whisk in the oil until thick and emulsified. Set aside.
2. Put the whole potatoes in a large saucepan and cover generously with cold water. Add a big pinch of salt and bring to the boil over high heat. Reduce the heat so the water is at a steady simmer, and cook until the potatoes are cooked but not falling apart (check by piercing a potato with the tip of a small knife), about 25 minutes. Drain and spread the potatoes out in a single layer to cool until they're easy to work with, about 10 minutes.
3. Cut the warm potatoes in half lengthwise and place in a large bowl along with the cucumber slices and onion. Add the dressing, stir to coat well, and serve immediately with bratwurst.

## MEPD Shopping List

### Produce:

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

### Includes:

Green Beans – 1 Pound – FL, Organic  
Green Kale – 1 Bunch – FL, Organic  
Mandarins – 1 Pound – FL, Organic  
Pink Lady Apples – 1 Pound – Local, IPM  
Carrots – 1 Pound – Local, Organic  
Cucumbers – 1 Pound – FL, Organic  
Baby Gold Potatoes – 2 Pounds – GA, Organic  
Pineapple – 1 – CR, Organic  
Yellow Sweet Onion – GA, Organic  
Broccoli – 1 Pound – GA, Organic  
Crimini Mushrooms – 8 Ounces – PA, Organic

### Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Parsley \\$2.99](#)

[Sweet Cocktail tomatoes \\$3.99](#)

[Spring onions \\$2.99](#)

[ginger \\$3.99](#)

### Meat:

[1 Lb. Wild Caught Salmon \\$14.99](#)

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

[2 Lbs. HNG Beef Stew Meat \\$17.98](#)

[1 Lb. Balsam Garden Bratwurst \\$8.99](#)

### Dairy:

[Three Graces Dairy Goat Cheese- Plain \\$6.99](#)

### Pantry:

[Jasmine rice \\$6.99](#)

[Alter Eco Quinoa \\$8.99](#)

[Lusty Monk Mustard \\$6.99](#)

**Total: \$141.85**

**Price Per Serving: \$7.10**

## Pantry

### Oils/Fats:

Olive oil  
Unsalted butter

### Herbs/Spices:

Salt  
Pepper  
Dried thyme  
Fresh dill

### Sweetener:

Brown sugar

### Nuts/Seeds:

Pine nuts

### Grocery:

All purpose flour  
beef broth  
Tomato paste  
Apple cider vinegar

### Libations:

Red wine