



**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 1-23-2018

Sheet Pan Hickory Nut Gap Farm Skirt Steak Fajitas with Mexican Chopped Salad
Poached Queen B Pastured Eggs with Tomatoes and Rainbow Chard & Roasted Yukon Golds
Spicy Romanesco, Lemon and Capers with Rio Bertolini Herbed Linguine
Pan Seared Scallops over Swamp Rabbit Cafe Butternut Squash Polenta &
Winter Salad with Tatsoi and Pink Lady Apples
Quinoa Salad with Crispy Roasted Chickpeas, Blood Oranges, Olives, Almonds, Mint

Sheet Pan Hickory Nut Gap Farm Skirt Steak Fajitas with Mexican Chopped Salad GF, DF

Ingredients:

Spice blend

2 tsps. chili powder
 1 tsp. ground cumin
 1 tsp. ground paprika
 ½ tsp. salt
 ½ tsp. ground black pepper

For the steak fajita filling

1.5 pounds Hickory Nut Gap Farm skirt steak, thawed, sliced thinly in ¼-inch strips across the grain
 2 green bell peppers, seeded and thinly sliced
 1 sweet yellow onion, thinly sliced
 1 Tbsp. fresh minced garlic
 3 Tbsps. olive oil

For serving

Lime wedges
 Fresh chopped cilantro, for garnish
 8 Tortilleria Molina Tortillas, thawed in refrigerator

Salad

1 bunch Romaine lettuce
 1 bunch Slicer Tomatoes, diced
 1 avocado, peeled pitted and diced

Honey Lime Vinaigrette

Juice of 1 lime

Instructions:

Fajitas

1. Preheat your oven to 400 degrees F. Line a large rimmed baking sheet with parchment paper.
2. Prepare the seasoning by stirring the chili powder, cumin, paprika, salt and pepper in a small bowl until well combined. Set aside.
3. In a large bowl, toss together the steak strips, peppers, onions and garlic. Drizzle with olive oil and gently toss to coat. Sprinkle with seasoning over mixture, a little at a time while continuing to toss to coat evenly.
4. Evenly distribute steak and vegetable mixture on baking sheet. Bake for 20 minutes, or until steak is done and vegetables are tender.
5. Once pan is removed from oven, drizzle evenly with lime juice and garnish with desired amount of fresh chopped cilantro. Serve in heated tortillas with your favorite toppings.

Salad

1. Toss all salad ingredients in a large bowl. In separate bowl, mix dressing ingredients.
2. Pour dressing over mixture and toss again. Season with salt and pepper to taste.

¼ cup olive oil 2 Tbsps. honey 2 Tbsps. finely chopped fresh cilantro 1 garlic clove, peeled and minced	
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Poached Queen B Pastured Eggs with Tomatoes and Rainbow Chard & Roasted Yukon Golds GF, DF	
<p>Ingredients:</p> <p>¼ cup olive oil, plus more for drizzling 5 garlic cloves, smashed Salt and pepper to taste ½ tsp. crushed red pepper flakes 2 pints Mixed Color Cherry Tomatoes, halved 1 bunch Rainbow Chard, washed, stemmed and torn 6 Queen B Farms Pastured Eggs Basil leaves, julienned for garnish</p> <p><i>Potatoes</i></p> <p>2.5 Lbs Yukon Gold Potatoes, washed, and cubed Olive oil Salt and pepper to taste</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Preheat oven to 425. Line a baking sheet with parchment paper. 2. In a bowl, combine Yukon Gold Potatoes, olive oil, salt and pepper to distribute evenly 3. Spread potatoes over parchment paper, and bake for 40-45 minutes, stirring half-way through. 4. Heat ¼ cup oil in a medium skillet over medium-high. When temperature is reached, add garlic and season generously with salt and black pepper. Cook, stirring constantly, until garlic is just turning golden around the edges, about 2 minutes. Stir in red pepper flakes, then add tomatoes and cook, tossing occasionally, until tomatoes look plumped and some of the skins start to split, about 2 minutes. 5. Reduce heat to medium. Cover pan and cook, stirring tomatoes every couple of minutes and lightly smashing them with a wooden spoon to encourage them to release some juices, until mixture is saucy and tomatoes are slightly deflated but still hold some shape, 5–7 minutes 6. Reduce heat under tomatoes to medium-low (sauce should be bubbling gently). 7. Add Rainbow Chard and cook down for about one minute. 8. Make six little “nests” in the tomato and chard mixture, and add eggs to the skillet slowly. 9. Season eggs with salt and pepper, cover pan, and cook until whites are set but yolks are still runny, 4–6 minutes. 10. Sprinkle with basil, serve, and enjoy!

Spicy Romanesco, Lemon and Capers with Rio Bertolini Herbed Linguine

GF*, V

Ingredients:

1 head romanesco, cut into florets
1/4 cup olive oil, divided
1/4 tsp. salt
1 Tbsp. lemon juice
1 tsp. lemon zest
1 Tbsp. capers
1 tsp. red pepper flakes
Ground black pepper to taste
2 packages Rio Bertolini Herbed Linguine*

*GF option: Use Tinkyada GF Penne Pasta

Instructions:

1. Preheat the oven to 425. On a baking sheet, toss the romanesco with the salt and half of the olive oil.
2. Roast for 10 minutes, flip, and roast for another 10, or until nicely browned and softened.
3. Prepare the Rio Bertolini Herbed Linguine per instructions, and set aside.
4. Meanwhile, in a large bowl, combine the remaining olive oil, lemon juice, lemon zest, capers, red peppers flakes, capers, and some freshly ground black pepper.
5. Once the romanesco is done, toss with the dressing and serve over the linguine.

Pan Seared Scallops over Swamp Rabbit Cafe Butternut Squash Polenta & Winter Salad with Tatsoi and Pink Lady Apples

GF

Ingredients:

Scallops

1 Lb. NC Sustainably-Harvested Scallops, thawed
2 tsps. unsalted butter
2 tsps. olive oil
Salt and pepper to taste
1 pint Swamp Rabbit Cafe Butternut Squash Polenta

Salad

1 bunch Tatsoi, washed and chopped
2 Pink Lady Apples, washed, cored and diced

Vinaigrette

1 clove garlic
2 tsps. honey
juice of 1/2 lemon
1 Tbp. Apple Cider Vinegar
3 Tbsps. olive oil

Instructions:

1. Prepare polenta per instructions. (Tip: thaw polenta in fridge to drastically reduce baking time)
2. Add the butter and oil to a large saute pan on high heat. Salt and pepper the scallops. Once the fat begins to smoke, gently add the scallops, making sure they are not touching each other. Sear the scallops for 1 1/2 minutes on each side. The scallops should have a 1/4-inch golden crust on each side while still being translucent in the center.
3. Make the dressing by peeling and chopping the garlic finely. In a small mixing bowl, combine garlic, honey, lemon, apple cider vinegar and olive oil and whisk to combine.
4. Prepare tatsoi and chopped apples in a serving bowl. Drizzle dressing over top and fold in to combine flavors.
5. Serve scallops atop butternut squash polenta with winter salad. Enjoy!

Quinoa Salad with Crispy Roasted Chickpeas, Blood Oranges, Olives, Almonds, Mint

GF, DF, V

Ingredients:

15 oz. Fig chickpeas, drained and rinsed
2 tsps. yellow curry powder
2 cups rinsed quinoa
4 cups water
Large pinch salt
1 bunch spring onions, sliced diagonally
1/2 cup thinly sliced kalamata olives
3 blood oranges- divided
3 Tbsps. olive oil, divided
1 tsp. honey
Salt and pepper to taste
1/2 cup toasted slivered almonds
1 bunch fresh mint leaves, torn

Instructions:

1. Heat the oven to 400°F: Place an oven rack in the middle of the oven.
2. Rinse, drain and dry the chickpeas.
3. Toss the chickpeas with olive oil and salt. Spread the chickpeas out in an even layer on parchment paper lined baking sheet. Drizzle with olive oil and sprinkle with salt. Roast the chickpeas in the oven for 25 to 30 minutes.
4. While the chickpeas are roasting, prepare the quinoa.
5. When chickpeas are done roasting, toss the chickpeas with the curry powder, and set aside.
6. In a medium bowl, add sliced spring onions, sliced olives, and 2 blood oranges (peeled, sliced and cut into quarters). When quinoa is done, fluff with a fork and toss in the bowl with the oranges.
7. Dress with 2-3 tablespoons olive oil, the zest of the remaining orange and its juice. Stir and taste. Scatter with toasted slivered almonds and fresh torn mint leaves. Top with roasted chickpeas. Enjoy!

MEPD Shopping List

Produce:

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

Includes:

Romanesco Cauliflower – 1 Head – GA, Organic
Rainbow Chard – 1 Bunch – FL, Organic
Green Bell Peppers – 2 Pieces – FL, Organic
Sweet Yellow Onions – 2 Pieces – GA, Organic
Romaine Lettuce – 1 Bunch – FL, Organic
Blood Oranges – 1 Pound – CA
Broccolini – 1 Bunch – CA, Organic
Yukon Gold Potatoes – 2.5 Pounds – GA, Organic
Tatsoi – 1 Bunch – FL, Organic
Pink Lady Apples – 1 Pound – Local, IPM

Add-On Produce:

[Garlic \\$2.99](#)

[Lemon \\$3.99](#)

[Spring onions \\$2.99](#)

[Avocados \\$4.99](#)

[Cilantro \\$2.99](#)

[Slicer tomatoes \\$3.99](#)

[2 pints Mixed Color Cherry Tomatoes \\$9.98](#)

[Basil \\$2.99](#)

Eggs/Dairy:

[Queen B Farms Pastured Eggs \\$5.99](#)

Meat/Protein:

[Hickory Nut Gap Farm Skirt Steak \\$9.99/Lb](#)

[1 Lb. NC Sustainably-Harvested Scallops \\$20.99](#)

Prepared:

[Tortilleria Molina Tortillas \\$4.99](#)

[2 packages Rio Bertolini Herbed Linguine \\$6.98](#)

[Swamp Rabbit Cafe Butternut Squash Polenta \\$8.99](#)

Pantry:

[15 oz. Fig chickpeas \\$4.49](#)

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

Total: \$144.32

Price Per Serving: \$7.22 (MEPD)

Pantry (Items outside of MEPD)

Oils/Fats:

Olive oil

[butter \\$11.99](#)

Vinegar:

Apple Cider Vinegar

Herbs/Spices:

Salt

Pepper

Red pepper flakes

Yellow curry powder

Chili powder

Ground cumin

paprika

Condiments/Sweeteners:

Honey

Grocery:

3 limes

Capers

Kalamata olives

Fresh mint

Nuts/Seeds:

almonds