



*\*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**

**Massaged Kale Salad with Blueberry & Avocado & Swamp Rabbit Cafe Red Lentil Soup**

**Argentinian Tri- Tip Steak & Roasted Carrots with Chimichurri**

**Peperonata with Swamp Rabbit Cafe Butternut Squash Polenta**

**Sunburst Trout & Roasted Beet Salad with Three Graces Dairy Goat Cheese**

**Lemon Brussels Sprouts Pizza & Apple and Arugula Salad**

### **Massaged Kale Salad with Blueberry & Avocado & Swamp Rabbit Cafe Red Lentil Soup GF, DF**

**Ingredients:**

***Salad***

1 bunch of kale, washed, dried and torn  
 2 avocados  
 2 Tbsp. lemon juice  
 1 pint blueberries  
 Salt and pepper to taste

***Soup***

1 Quart Swamp Rabbit Cafe Red Lentil Soup

**Instructions:**

***Salad***

1. Peel avocados and mash in a bowl.
2. Add in cup fulls of kale at a time, massaging the leaves and squishing the avocado along with the leaves.
3. Add in lemon juice, pepper, and a pinch of salt. Mix again.
4. Add in the blueberries, mix and serve.

***Soup***

1. Heat soup over medium heat until serving temperature. Enjoy!

## Argentinian Tri- Tip Steak & Roasted Carrots with Chimichurri

GF, DF

### Ingredients:

#### **Steak**

1 Hickory Nut Gap Farm Tri-Tip Steak, thawed  
1 Tbsp. sesame seeds  
1 Tbsp. smoked paprika  
2 Tbsps. olive oil  
2 tsps. salt  
2 tsps. black pepper

#### **Carrots**

1 bunch carrots, washed and chopped  
Olive oil

#### **Chimichurri Sauce**

1 bunch parsley  
8 cloves garlic  
¾ cup olive oil  
¼ cup red wine vinegar  
1 lemon wedge (juiced)  
1 Tbsp diced red onion  
1 tsp dried oregano  
1 tsp black pepper  
½ tsp salt

### Instructions:

#### **Steak**

1. Trim fat from steak. Mix sesame seeds, paprika, olive oil, salt and pepper in bowl. Rub all over steak and let sit at room temperature for 30 minutes. **Preheat oven to 425 F.** Prepare Chimichurri Sauce during this time.

#### **Chimichurri Sauce**

2. Pulse parsley in processor to chop. Add remaining ingredients to blend.
3. Place steak in a shallow roasting pan, in the center position of the oven. Roast uncovered for 30 minutes. Add olive oil coated carrots to the pan during the last 15 minutes of cooking. Use caution when opening oven! When meat thermometer registers 135, medium rare has been achieved. Remove from the oven and loosely cover with foil. Let the meat rest for 15 minutes. Slice against the grain and top steak and carrots with Chimichurri Sauce.

## Peperonata with Swamp Rabbit Cafe Butternut Squash Polenta

GF, V

### Ingredients:

#### **Peperonata**

1/4 cup olive oil  
4 Mixed Sweet Peppers, sliced  
1 yellow onion, sliced  
2 Tbsps. tomato paste  
2 tsp. dry oregano  
1/2 tsp. salt  
4 cloves of garlic, minced  
2 Tbsp. red wine vinegar

#### **Polenta**

1 quart Swamp Rabbit Cafe Butternut Squash Polenta, thawed\*

\*Thawing ahead of time dramatically shortens the cooking time

### Instructions:

1. Bake the polenta per instructions
2. In a dutch oven heat the oil over medium heat. Add the onions and peppers, cover and cook for 20 minutes, stirring occasionally.
3. Remove the lid and turn down the heat to medium-low. Stir in the tomato paste salt, and oregano, cook 15 minutes uncovered, stirring occasionally.
4. Stir in the garlic and red wine vinegar, cook while stirring for 1 more minute.
5. Serve Peperonata over the polenta. Enjoy!

## Sunburst Trout & Roasted Beet Salad with Three Graces Dairy Goat Cheese

GF

### Ingredients:

2 Lbs. Sunburst Trout  
2 Tbsps. olive oil  
Salt and pepper, to taste  
4 garlic cloves, minced  
3 Tbsps. lemon juice, freshly squeezed  
2 Tbsps. white wine  
2 Tbsps. butter, softened  
2 Tbsps. parsley, chopped

### *Beet Salad*

1 bunch beets, peeled, and chopped  
2 Tbsp. olive oil  
1 head Green Leaf Lettuce, washed and torn  
6 oz. Three Graces Dairy Garlic and Herbs Goat Cheese, crumbled  
½ cup walnuts, coarsely chopped  
Olive oil and balsamic vinegar for dressing

### Instructions:

#### *Beet Salad*

1. Preheat oven to 425 degrees F. Peel beets and trim the stems. Chop beets into bite sized pieces and drizzle with olive oil. Toss well to combine. Spread beets onto parchment paper lined baking sheet, and roast in preheated oven for 30 minutes, or until tender.
2. Set beets aside to cool. Place washed and stemmed lettuce in a serving bowl. Top with crumbled goat cheese, chopped walnuts, and beets. Drizzle olive oil and balsamic vinegar over top, and toss well to combine.

#### *Trout*

1. Season the top of fish fillets with salt and pepper.
2. In a large skillet, heat 2 Tbsps. of olive oil on medium heat until heated but not smoking. To the hot skillet with olive oil, add fish fillets skin side up - flesh side down. Cook the flesh side of the fish for about 3-5 minutes on medium heat, making sure the oil does not smoke, until lightly browned. Flip the fillets over to the other side, skin side down (add more oil, if needed). Cook for another 2-4 minutes on medium heat (to prevent oil from burning). Remove the skillet from heat, close with the lid, and let the fish sit for 5-10 minutes, covered, in the skillet, until flaky and cooked through completely.
3. After the fish is cooked through, off heat, using spatula, carefully remove fillets to the plate, separating the fish from the skin. Carefully remove or scrape the fish skin off the bottom of the pan, making sure to leave all the cooking oils in the pan.
4. Add minced garlic, lemon juice, and white wine to the same pan with oil. Cook on medium-low heat for about 1 minute, until garlic softens a bit. Remove from heat. Add 1 tablespoon of chopped parsley, and 2 tablespoons of butter, off heat, to the sauce, stirring, until the butter melts and forms a creamy mixture.
5. Add fish to the pan, spoon sauce over the fish, top the fish and sauce with the remaining 1 Tbsp. of parsley, and serve.

## Lemon Brussels Sprouts Pizza & Apple and Arugula Salad

GF\*, V

### Ingredients:

Rio Bertolini Pizza Dough ball, rolled out to cover cookie sheet\*

1 Tbsp. olive oil

1 cup ricotta cheese

8 oz Organic Valley Mozzarella Cheese (shredded)

1 yellow onion

1 pound Brussels sprouts

¼ cup walnuts

1 lemon, zested and juiced

2 Tbsp dried Italian seasoning

Salt and pepper

\*GF option: Eat More Bakery Pizza Crusts

### Salad

5 oz. arugula

2 Pink Lady Apples, washed, cored and chopped

Olive oil

Balsamic vinegar

Salt and pepper to taste

### Instructions:

#### Pizza

1. **Preheat oven to 475 F.**
2. Wash and dry the fresh produce.
3. Peel, halve and thinly slice the onion. Cut off and discard the stem ends of the Brussels sprouts. Zest and juice lemon and set aside.
4. In a medium pan, heat 1 tablespoon of olive oil on medium until hot. Add the onion. Cook, stirring occasionally, 8 to 10 minutes, or until lightly browned. Season with salt and pepper. While the onion is caramelizing, combine the lemon juice, zest and ricotta cheese in a bowl. Season with salt and pepper. Set aside.
5. Lightly oil a sheet pan. On a clean, dry work surface, using your hands, gently stretch the dough to a ¼-inch thickness. (If the dough is resistant, let rest for 5 minutes.) Carefully transfer to the oiled sheet pan; rub the dough into the pan to coat the bottom in oil. Evenly spread the lemon ricotta on the pizza crust, leaving a 1 inch border. Top with the mozzarella cheese, caramelized onion, walnuts and Brussels sprouts; season with salt and pepper and Italian seasoning. Bake, rotating the sheet pan halfway through, 16 to 18 minutes, or until the mozzarella cheese has melted and the crust is browned. Remove from the oven and let cool for 2 minutes before serving.

#### Salad

1. In a large serving bowl, assemble arugula and chopped apples. Drizzle with olive oil and balsamic vinegar. Add salt and pepper to taste.

## MEPD Shopping List

### Produce:

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

#### Includes:

Green Kale – 1 Bunch – FL, Organic – Lady Moon Farm  
Blueberries – 6 Ounces – CH, Organic – Crosset Organics  
Green Leaf Lettuce – 1 Head – FL, Organic – Lady Moon Farm  
Carrots – 1 Pound – Local, Organic – Clem’s Organic Garden  
Red Beets – 1 Bunch – FL, Organic – Lady Moon Farm  
Mixed Sweet Peppers – 2 Pieces – MX, Organic – Freshpoint Organic  
Pink Lady Apples – 2 Pound – Local, IPM – Parker Orchard  
Avocados – 2 Pieces – MX, Organic – Freshpoint Organic  
Brussels Sprouts – 1 Pound – CA, IPM – Crosset Organic  
Sweet Yellow Onion – 2 Pieces – GA, Organic – Crosset Organic

### Add-On Produce:

[Garlic \\$2.99](#)

[Lemon \\$3.99](#)

[Parsley \\$2.99](#)

[Mixed sweet peppers \\$4.99](#)

[Arugula \\$4.99](#)

### Eggs/Dairy:

[Three Graces Dairy Garlic and Herbs Goat Cheese \\$6.99](#)

[Organic Valley Mozzarella Cheese \\$5.99](#)

### Meat/Protein:

[Hickory Nut Gap Farm Tri-Tip Steak \\$9.99/Lb](#)

[2 Lbs. Sunburst Trout Fillets \\$27.98](#)

### Prepared:

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

[Swamp Rabbit Cafe Red Lentil Soup \\$8.99](#)

[Rio Bertolini Whole Wheat Pizza Dough \\$2.99](#)

**Total: \$129.87**

**Price Per Serving: \$6.49 (MEPD)**

## Pantry (Items outside of MEPD)

### Oils/Fats:

Olive oil

[butter \\$11.99](#)

### Vinegar:

Balsamic vinegar

Red wine vinegar

### Herbs/Spices:

Salt

Pepper

paprika

Oregano

Italian Seasoning

### Condiments/Sweeteners:

Honey

### Grocery:

Tomato paste

Ricotta cheese

### Nuts/Seeds:

walnuts

Sesame seeds

### Libations:

White wine