



*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 10-16-2018

Sweet Potato and Black Bean Casserole
Roasted Butternut Squash, Apple and Pomegranate Salad
Zucchini & Blistered Tomato Penne with Vodka Sauce
Indian Chicken Korma
Roasted Veggie Pot Pie & Arugula Salad

Sweet Potato and Black Bean Casserole

GF, V

Ingredients:

2 Tbsps. olive oil
 1 sweet yellow onion, diced
 2.5 Lbs. sweet potatoes, peeled and cut into 1/2-inch cubes
 1 (28-ounce) can fire-roasted diced tomatoes, drained of juices
 15 oz. Fig black beans, drained and rinsed
 3 cups shredded mozzarella cheese (about 7 1/2 ounces), divided
 1 tablespoon smoked paprika
 1 Tbsp. salt
 2 cloves garlic, minced

For serving:

Plain yogurt
 Coarsely chopped fresh cilantro

Instructions:

1. Arrange a rack in the middle of the oven and heat to 400°F. Coat a 9x13-inch baking dish with cooking spray or olive oil; set aside.
2. Heat the olive oil in a large frying pan over medium heat until shimmering. Add the onion and cook, stirring occasionally, until softened, 8 to 10 minutes. Add the sweet potatoes and cook until just heated through, about 5 minutes (they will not be cooked through). Transfer the mixture to a large bowl.
3. Add the black beans, drained tomatoes, 1 cup of the mozzarella, smoked paprika, salt, and garlic and stir to combine. Transfer to the baking dish and spread into an even layer. Sprinkle evenly with the remaining 2 cups mozzarella cheese.
4. Spray a large sheet of aluminum foil with cooking spray or coat with olive oil. Place the foil greased-side down over the baking dish and cover tightly. Bake for 30 minutes. Uncover and bake until the sweet potatoes are tender and the cheese on top is browned in spots, about 30 minutes more. Let cool 10 minutes before serving topped with yogurt and cilantro.

Roasted Butternut Squash, Apple and Pomegranate Salad

GF, V

Ingredients:

Salad
 1 butternut squash, peeled, seeded and cut into bite sized pieces
 2 Tbsps. Olive oil

Instructions:

1. Preheat the oven to 400. Line a baking sheet with parchment paper.
2. In a bowl, toss the squash with olive oil and salt. Arrange the squash on a single layer on prepared sheet. Bake for

<p>1 tsp. Salt 5 oz. Mixed Salad Lettuce 2 Pink Lady Apples, cored and sliced ½ cup balsamic vinaigrette* 6 oz. Scottish Spiced Goat Cheese, crumbled ¼ cup walnuts, toasted ¼ cup pomegranate seeds</p> <p><i>Balsamic Vinaigrette</i> 3 Tbsps. balsamic vinegar 1 Tbsp. Lusty Monk mustard 1 garlic clove, minced 1/2 cup olive oil Salt and freshly ground pepper</p>	<p>20-25 minutes, until the squash is browned, and then remove from heat and let cool.</p> <ol style="list-style-type: none"> 3. Make the vinaigrette- In a small bowl, combine the vinegar, mustard, and garlic. Add the oil in a slow steady stream, whisking constantly. Season with salt and pepper to taste. 4. In a salad bowl, toss together the mixed greens, squash, apple and balsamic vinaigrette. Top with goat cheese, walnuts and pomegranate seeds before serving.
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Zucchini & Blistered Tomato Penne with Vodka Sauce GF*, V

<p>Ingredients: 1 Lb. Bionaturae Penne Rigate Pasta* 1 pint mixed cherry tomatoes 1 Lb. zucchini, quartered vertically and then sliced into ¼-inch wide wedges 2 Tbsp. olive oil Salt and freshly ground black pepper, to taste 1 pint Rio Bertolini Vodka Sauce</p> <p>*GF Option: Use Tinkyada Gluten-Free Penne Pasta</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Preheat oven to 400°F and line a large, rimmed baking sheet with parchment paper for easy cleanup. On the baking sheet, toss the whole grape tomatoes and sliced zucchini with 2 tablespoons olive oil. Sprinkle with salt and pepper and arrange in a single layer (or as close to a single layer as possible). Roast for about 25 minutes, tossing halfway, until the grape tomatoes have burst and the zucchini is tender. 2. Meanwhile, bring a pot of salted water to boil and cook the pasta until al dente, according to package directions. Drain the pasta and return it to the pot. 3. While the pasta is hot, add the Rio Bertolini Vodka Sauce. 4. Once the tomatoes and squash are out of the oven, add them to the pot along with all of the tomato juices. Gently toss once again to combine. Season to taste with salt and freshly ground pepper, and divide into individual serving bowls. Serve immediately.
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Indian Chicken Korma GF, V

<p>Ingredients: 1 Lb. Queen B Farm Pastured Chicken Breast, diced 1 Lb. broccoli, washed and chopped 1 bunch spinach, washed, dried and torn 1 pint Blue Dream Curry House Korma Sauce 2 cups uncooked Jasmine Rice, prepared per instructions</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare rice per instructions 2. Heat skillet over medium high heat. Add olive oil. Brown chicken in the pan, and set aside. 3. Add broccoli to pan, and cook until tender. Return chicken to pan 4. Add Korma sauce to pan, add spinach, and simmer for 15 minutes. 5. Serve over rice.
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Roasted Veggie Pot Pie & Arugula Salad

V

Ingredients:

Pot Pie

Family Sized "Roasted Veggie" Pot Pie

Arugula Salad

5 oz. arugula

1/4 cup extra-virgin olive oil

1/2 lemon, juiced

Salt and freshly ground black pepper

Organic Valley Parmesan cheese, grated

Instructions:

Pot Pie

1. Prepare Roasted Veggie Pot Pie per instructions.

Arugula Salad

1. In a serving bowl, drizzle the arugula with the oil, squeeze in the lemon juice, and sprinkle with salt and pepper. Toss until well mixed and taste for seasoning. Sprinkle with grated parmesan cheese.

MEPD Shopping List

Produce:

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

Includes:

Butternut Squash - 1 Piece - Local, Organic - Balsam Gardens Farm
Arugula - 5 Ounces - Local, Organic - Greenshine Farm
Pink Lady Apples - 1 Pound - Local, IPM - Twisted Apple Farm
Mixed Salad Lettuce - 5 Ounces- Local, Organic - Greenshine Farm
Mixed Cherry Tomatoes - 1 Pint - Local, Organic - Eastern Carolina Organics
Zucchini - 1 Pound - Local, Organic - Eastern Carolina Organics
Broccoli - 1 Pound - GA, Organic - Crosset Organics
Spinach - 1 Bunch - Local, Organic - R Farm
Sweet Yellow Onions - 1 Pound - GA, Organic - Crosset Organics
Sweet Potatoes - 2.5 Pounds - Local, Organic - Williamson Organics

Add-On Produce:

[Garlic \\$2.99](#)

[cilantro \\$2.99](#)

[Lemons \\$3.99](#)

Meat:

[1 Lb. Balsam Gardens Chicken Breasts \\$11.99](#)

Dairy:

[2 bags shredded mozzarella cheese \\$11.98](#)

[Plain Yogurt \\$6.99](#)

[Scottish Spiced Goat Cheese \\$6.99](#)

[Organic Valley Parmesan cheese \\$6.99](#)

Prepared:

[Rio Bertolini Vodka Sauce \\$5.99](#)

[Blue Dream Curry House Korma Sauce \\$7.99](#)

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

Pantry:

[Jasmine Rice \\$6.99](#)

[Fig black beans \\$4.49](#)

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

[Bionaturae Penne Rigate Pasta \\$3.99](#)

Total: \$145.34

Price Per Serving: \$7.26

Pantry

Oils/Fats:

Olive oil

Vinegar:

Balsamic Vinegar

Herbs/Spices:

Salt

Pepper

Smoked paprika

Grocery:

28-ounce can fire-roasted diced tomatoes

Nuts/Seeds:

Walnuts

Produce:

Pomegranate