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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

## **Meal Plan Week of 10-17-2017**

**Roasted Salmon with Hakurei Turnips and Watermelon Radishes**  
**Rosemary Lemon Chicken & Potatoes with Honeycrisp Apple and Kale Salad**  
**Butternut Squash and Goat Cheese Quiche with Garlicky Green Beans**  
**Rio Bertolini Ricotta Gnocchi with Vodka Sauce and Mixed Lettuce Salad**  
**Blue Dream Curry House "Green Dream" Curry Sauce, Hickory Nut Gap Farm Beef, with Broccoli and Zucchini Noodles**

### **Roasted Salmon with Hakurei Turnips and Watermelon Radishes** **GF, DF**

**Ingredients:**

*Salmon*

2 Lbs. Wild-caught Salmon  
 3 Tbsp. olive oil  
 Salt and pepper  
 Lemon wheels to cover salmon

*Turnips and Radishes*

1 bunch watermelon radishes  
 1 bunch Hakurei turnips  
 3 Tbsp. olive oil

**Instructions:**

*Salmon*

1. Preheat oven to 425°F.
2. Rub salmon all over with 1 teaspoon oil and season with salt and pepper, and cover with lemon wheels. Roast, skin side down, on a foil-lined baking sheet in upper third of oven until fish is just cooked through, about 12 minutes.

*Turnips and Radishes*

1. Move the rack in the oven to the lower middle position. Place the roasting pan in the oven. Preheat oven to 425F.
2. Slice the greens off the turnips and radishes. Scrub the turnips and radishes well to remove all the dirt and grit from the vegetables, and rinse the greens repeatedly until they are grit free.
3. Cut the turnips and radishes into wedges. Halve the small ones, and quarter or sixth the larger ones. In a large bowl, toss the vegetables with 2 Tbsp. of olive oil and 1/2 tsp. of salt. Pour the vegetables into the roasting pan, arranging them so most have a flat side down in the pan. Roast for 15 minutes, stirring and turning the vegetables at 7 minutes.
4. Dry the washed greens to remove most of the water. Roughly chop the greens into bite-sized pieces, then toss them in the large bowl with the rest of the olive oil and the salt. Pull the roasting pan out of the oven, turn and stir the

vegetables again and then make a space for the greens. Spread out the greens in the space and return the pan to the oven. Roast for 5 minutes more.

## Rosemary Lemon Chicken & Potatoes with Honeycrisp Apple and Kale Salad GF, DF

### Ingredients:

#### *Chicken*

- 1 Lb. Queen B pastured chicken, cubed
- 1 lb . mixed medley potatoes
- ½ red onion - cut large pieces
- 2 lemons 1 sliced and 1 juiced
- 1/3 cup olive oil
- 2 cloves garlic minced
- 1 Tbsp. fresh rosemary plus sprigs for garnish
- 1/2 tsp. crushed red pepper flakes
- 1 1/2 tsp. salt
- 1/2 tsp. fresh ground pepper

#### *Kale Salad*

- 1 bunch curly kale, torn, washed and stemmed
- 2 Tbsps. coarsely chopped toasted almonds
- 2 Honeycrisp apples, cored and cut in 1/4-inch dice
- 2 Tbsps. fresh lemon juice
- Salt to taste
- 1 garlic clove, minced
- 5 Tbsps. olive oil

### Instructions:

#### *Chicken*

1. Preheat oven to 400 degrees F.
2. Line a baking sheet with parchment paper. Arrange chicken pieces , potatoes, sliced onion and lemon slices evenly on pan.
3. In a small bowl, whisk together lemon juice, olive oil, garlic, rosemary, crushed red pepper flakes, salt and pepper.
4. Pour mixture over chicken, making sure all the chicken is covered. Toss a bit if necessary.
5. Sprinkle generously with additional salt and pepper.
6. Bake uncovered for about 40 minutes, or until chicken and potatoes are fully cooked.

#### *Kale salad*

1. Combine the kale, almonds, apple and cheddar in a large bowl.
2. Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well. Serve.

## Butternut Squash and Goat Cheese Quiche with Garlicky Green Beans

V

### Ingredients:

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#### *Quiche*

Sweet Daisy Bake Shop Butternut Squash and Goat Cheese Quiche

#### *Green Beans*

- 1 pound fresh green beans, trimmed and snapped in half
- 3 tablespoons butter
- 3 cloves garlic, minced

### Instructions:

#### Quiche

1. Preheat oven to 350. Cover quiche with foil. Place on sheet pan, and bake for 25-30 minutes until warm.

#### Green Beans

1. Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.

<p>2 pinches pepper salt to taste</p>	<p>2. Add butter to green beans; cook and stir until butter is melted, 2 to 3 minutes. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes.</p>
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<p><b>Rio Bertolini Ricotta Gnocchi with Vodka Sauce and Mixed Lettuce Salad</b> <b>V</b></p>	
<p><b>Ingredients:</b> <i>Gnocchi</i> 1 Lb. Ricotta Gnocchi 1 pint Vodka Sauce</p> <p><i>Mixed Lettuce Salad</i> 5 oz. Mixed Lettuce Salad Bragg’s Healthy Vinaigrette</p>	<p><b>Instructions:</b> <i>Gnocchi</i></p> <ol style="list-style-type: none"> <li>1. Prepare gnocchi per instructions</li> <li>2. Warm frozen Vodka Sauce in sauce pan.</li> <li>3. Serve Sauce over gnocchi and fold in to incorporate flavors</li> </ol> <p><i>Mixed Lettuce Salad</i></p> <ol style="list-style-type: none"> <li>1. In a large serving bowl, assemble mixed lettuce greens. Drizzle with Bragg’s Healthy Vinaigrette. Season with salt and pepper if desired.</li> </ol>

<p><b>Blue Dream Curry House “Green Dream” Curry Sauce, Hickory Nut Gap Farm Beef, Broccoli and Zucchini Noodles</b> <b>GF</b></p>	
<p><b>Ingredients:</b> <b>Ingredients:</b> 1 Lb. Hickory Nut Gap Farm Beef Stew Meat 1 Lb. broccoli, washed and chopped 2 Zucchini, spiralized with spiralizer, food processor, or made into ribbons with peeler 1 pint Blue Dream Curry House Green Curry Sauce Olive oil</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Warm saute pan over medium heat and add olive oil. Add stew meat and turn to brown all sides. Remove beef to plate, and pur extra oil off.</li> <li>2. Add broccoli to pan and add beef back in once broccoli is tender.</li> <li>3. Add zucchini noodles to pan and saute lightly</li> <li>4. Add Green Curry Sauce to pan. Heat until curry is melted and comes to a high simmer. Turn heat to low and simmer for an additional 10 minutes. Serve and enjoy!</li> </ol>

## MEPD Shopping List

### Produce:

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

### Includes:

Broccoli - 1 Bunch - Local, Organic  
Zucchini - 2 Pieces - Local, Organic  
Curly Kale - 1 Bunch - Local, Organic  
Honey Crisp Apples - 2 Pound - Local, IPM  
Green Beans - 1 Pound - GA, Organic  
Mixed Medley Potatoes - 1 Pound - Local, Organic  
Mixed Salad Lettuce - 5 Ounces - Local, Organic  
Sweet Hakurei Turnips - 1 Bunch - Local, Organic  
Red Onions - 1 Pound - Local, Organic  
Watermelon Radish - 1 Pound - Local, Organic

### Add-On Produce:

[Garlic \\$2.99](#)

[Lemons x 2 \\$5.98](#)

[Rosemary \\$2.99](#)

### Meat:

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

[2 Lbs. Wild-Caught Salmon \\$29.98](#)

[1 Lb. Hickory Nut Gap Farm Beef Stew Meat \\$8.99](#)

### Prepared:

[Sweet Daisy Bake Shop Butternut Squash Quiche \\$14.99](#)

[Rio Bertolini Ricotta Gnocchi \\$7.99](#)

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

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

**Total: \$137.88**

**Price Per Serving: \$6.89**

## Pantry

### Oils/Fats:

Olive oil  
Unsalted butter

### Herbs/Spices:

Salt  
Pepper  
Red chili flakes

### Nuts:

Almonds