



***\*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 10-2-2018**

**Ratatouille with Rhu Bakery Ciabatta Loaf**

**Kale & Egg Pizza with Apple Arugula Salad**

**Chicken Paillards with Asian Pear Salad**

**Salmon with Gremolata with Roasted Broccoli & Carrots**

**Grass-fed Hamburger Kit & Cucumber Salad**

### **Ratatouille with Rhu Bakery Ciabatta Loaf**

**GF\*, DF, V**

#### **Ingredients:**

3 Tbsps. olive oil  
1 Sweet Vidalia Onion, thinly sliced  
4 garlic cloves, peeled and sliced  
1 small bay leaf  
1 Lb. Baby Globe Eggplant, cut into 1/2-inch pieces  
1 Lb. Yellow Squash, halved lengthwise and cut into thin slices  
1 Lb. Mixed Sweet Peppers, cut into slivers  
1 Lb. Heirloom Tomatoes, coarsely chopped  
1 tsp. salt  
1/2 cup shredded fresh basil leaves  
freshly ground black pepper  
Rhu Bakery Ciabatta loaf\*

\*Use Eat More Bakery Focaccia for GF option

#### **Instructions:**

1. Over medium-low heat, add the oil to a large skillet with the onion, garlic, and bay leaf, stirring occasionally, until the onion has softened.
2. Add the eggplant and cook, stirring occasionally, for 8 minutes or until the eggplant has softened. Stir in the squash peppers, tomatoes, and salt, and cook over medium heat, stirring occasionally, for 5 to 7 minutes or until the vegetables are tender. Stir in the basil and few grinds of pepper to taste.
3. Serve with sliced and toasted Rhu Bakery Ciabatta loaf
- 4.
5. Pour in stock mixture, using a wooden spoon, gently scrape the bottom of the pan to release any brown bits. Slide pork chops back into pan, nestling them between the apple mixture.
6. Cook for 2-3 minutes until pork chops are finished cooking, and cooking liquid has reduced by half.

**Kale & Egg Pizza with Apple Arugula Salad**  
**GF\*, V**

**Ingredients:**

*Pizza*

- 1 bunch Green Kale
- 3 Tbsp. olive oil, divided
- 3 cloves of garlic, chopped
- ¼ medium onion, diced
- 1 tsp. red pepper flakes
- 1 Rio Bertolini NY Style Pizza Dough Ball\*
- 6 oz. Organic Valley Mozzarella Cheese
- 4 Queen B eggs

\*Use Eat More Bakery Pizza Crusts for GF option

*Salad*

- 1 bunch arugula
- 2 thinly sliced Granny Smith apples
- ½ cup toasted, chopped walnuts

*Vinaigrette*

- 2 Tbsps. olive oil
- 1 Tbsp. honey
- 3 Tbsps. lemon juice
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper

**Instructions:**

*Pizza*

1. Wash, dry and stem kale. Tear into 2 inch pieces.
2. Heat 1 Tbsp. of olive oil in a large skillet, add the garlic and onions and cook over low heat, stirring occasionally, until golden brown.
3. Add kale and pepper flakes to the skillet, season with salt and pepper, and cook, covered, over medium to low heat for 5 minutes, turning occasionally until kale is wilted. Reserve.
4. Prepare pizza crusts per instructions.
5. Heat oven to 450 F. Spread 1 Tbsp of olive oil on each pizza, top with ½ cup of cheese and kale. Crack 2 eggs on top of each pizza, being careful to not break the yolks. Season with salt and pepper. Bake for 6-8 minutes (follow crust instructions/watch for golden brown) and serve.

*Salad*

1. In a large bowl, combine the arugula, apple slices and walnuts.
2. In a small bowl, mix together the olive oil, honey, lemon juice, salt and pepper. Pour the dressing into the salad and toss to combine.

**Chicken Paillards with Asian Pear Salad**  
**GF, DF**

**Ingredients:**

- 2 Tbsps. olive oil, divided
- 1 Lb. Queen B Chicken Breasts, cut into ¼'s, pound ¼-inch thick
- Salt and pepper to taste
- 1 Lb. Asian Pears, thinly sliced
- 1/2 cup fresh cilantro leaves
- 1 Tbsps. fresh lime juice

**Instructions:**

1. Heat 1 Tbsp. oil in a large skillet over medium-high heat. Season chicken with salt and pepper and, working in 2 batches, cook until golden and cooked through, about 2 minutes per side.
2. Toss pear, cilantro, and lime juice in a medium bowl; season with salt and pepper. Serve chicken topped with pear salad.

## Salmon with Gremolata with Roasted Broccoli & Carrots

GF, DF

### Ingredients:

#### *Gremolata*

1 lemon  
¼ cup chopped parsley  
3 garlic cloves

#### *Salmon*

1 Lb. Wild-Caught Salmon, cut into 4 pieces  
Olive oil  
Salt and Pepper to taste

#### *Roasted Veggies*

1 Lb. Broccoli, washed and chopped  
1.25 Lb. Carrots, washed and sliced into coins  
Olive oil  
Salt and pepper to taste

### Instructions:

#### *Gremolata*

1. Using vegetable peeler, remove peel in long strips from lemon. Mince lemon peel. Transfer to small bowl. Mix in parsley and garlic.

#### *Salmon and Roasted Veggies*

1. Preheat the oven to 450 degrees F.
2. Drizzle olive oil over salmon and season salmon with salt and pepper. Place salmon, skin side down, on 1/3rd of parchment paper lined baking sheet. Top with Gremolata.
3. On the remaining 2/3rds of the baking sheet, spread out carrots and broccoli. Drizzle with olive oil and season with salt and pepper.
4. Bake until salmon is cooked through, about 12 to 15 minutes and remove from oven and place on plate. Continue cooking veggies for another 10 minutes and serve

## Grass-fed Hamburger Kit & Cucumber Salad

### Ingredients:

#### *Hamburgers*

Grass-Fed Hamburger Kit  
-6 Homemade Hamburger Buns - Rhu Bakery  
-1 Pound Hickory Nut Gap Ground Beef  
-1 Head Local/Organic Romaine Lettuce  
-2 Local/Organic Slicer Tomatoes  
-1 Organic Red Onion  
-1 Block Grass-Fed Cheddar Cheese

#### *Cucumber Salad*

1 Lb. cucumbers, thinly sliced  
¼ cup apple cider vinegar  
¼ cup water  
2 Tbsp. honey  
½ tsp. salt  
¼ tsp. pepper

### Instructions:

#### *Hamburgers*

1. Thaw beef if frozen. Place beef in bowl and season with salt and pepper, and other spices as desired.
2. Patty into desired size. Divide into 4 patties, 1 Lb. grass-fed beef makes 4 quarter pound burgers.
3. Prepare platter of toppings: Sliced tomatoes, leaves of lettuce, sliced red onion, and sliced cheese.
4. Toast Rhu Hamburger Buns if desired. Grill Hamburgers to desired temperature. Enjoy!

#### *Cucumber Salad*

1. Place cucumbers in a small glass bowl.
2. In a tightly covered container, shake the remaining ingredients and pour over cucumbers. Cover and refrigerate until ready to serve.
3. Drain cucumbers.

## MEPD Shopping List

### Produce:

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

#### Includes:

Carrots - 1.25 Pounds - Local, Organic - Clem's Organic  
Broccoli - 1 Pound - GA, Organic - Crosset Organics  
Arugula - 1 Bunch - Local, Organic - R Farm  
Green Kale - 1 Bunch - Local, Organic - Ivy Creek Family Farm  
Yellow Squash - 1 Pound - Local, Organic - New Sprout Farm  
Cucumbers - 1 Pound - Local, Organic - New Sprout Farm  
Asian Pears - 2 Pounds - Local, IPM - Parker Orchard  
Baby Globe Eggplant - 1 Pound - Local, Organic - Balsam Gardens Farm  
Heirloom Tomatoes - 1 Pound - Local, Organic - Balsam Gardens Farm  
Granny Smith Apples - 1 Pound - Local, IPM - Parker Orchard

### Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Vidalia onions \\$2.99](#)

[Cilantro \\$2.99](#)

[Parsley \\$2.99](#)

### Dairy:

[1 dozen Queen B eggs \\$5.99](#)

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

### Meat:

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

[1 Lb. Wild-Caught Salmon \\$13.99](#)

### Prepared:

[1 Rio Bertolini NY Style Pizza Dough Ball \\$2.99](#)

[Grass-Fed Hamburger Kit \\$24.99](#)

### Bakery:

[Rhu Bakery Ciabatta loaf \\$5.99](#)

### Pantry:

[Honey \\$11.99](#)

**Total: \$137.87**

**Price Per Serving: \$6.89**

## Pantry

### Oils/Fats:

Olive oil

### Vinegar:

Apple Cider Vinegar

### Herbs/Spices:

Salt

Pepper

Bay leaves

Fresh basil leaves

red pepper flakes

### Nuts/Seeds:

Walnuts

### Produce:

Limes

