



*\*Meal Plan coordinates with the contents of our Fixed Medium Fruit and Vegetable Basket 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 10-23-2018**

**Roasted Butternut Squash, Apple and Pomegranate Salad**

**Roasted Salmon with Braised Hakurei Turnips & Greens**

**Lemon Brussels Sprouts Pizza and Spinach Salad**

**Garlic Parmesan Roasted Chicken, Broccoli and Appalachian Gold Potatoes**

**Arugula Skirt Steak Salad with Caramelized Pears**

### **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  
 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

##### *Balsamic Vinaigrette*

3 Tbsps. balsamic vinegar  
 1 Tbsp. Lusty Monk mustard  
 1 garlic clove, minced  
 1/2 cup olive oil  
 Salt and freshly ground pepper

#### **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 20-25 minutes, until the squash is browned, and then remove from heat and let cool.
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.

## Roasted Salmon with Braised Hakurei Turnips & Greens

GF

### Ingredients:

#### *Salmon*

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

#### *Turnips*

1 bunch turnips with greens  
1 Tbsp. olive oil  
1 cup unsalted vegetable stock  
1 Tbsp. apple cider vinegar  
1/8 tsp. salt  
1/4 tsp. black pepper  
2 tps. cold butter  
1 tsp. honey

### 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*

1. Trim and peel turnips; reserve and chop the greens. Halve turnips.
2. Heat olive oil in a large skillet over medium-high. Add turnips, cut side down; cook 4 minutes or until golden. Turn and add vegetable stock, vinegar, salt, and pepper.
3. Bring to a boil; cover and reduce heat to medium-low. Simmer until turnips are crisp-tender, 5 to 6 minutes.
4. Uncover, increase heat to medium-high, and add greens; cook until liquid reduces by three-fourths and thickens, about 6 minutes. Swirl in butter and honey.

## Lemon Brussels Sprouts Pizza and Spinach Salad

GF\*, V

### Ingredients:

#### *Pizza*

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 sweet yellow onion  
1 Lb. 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

#### *Spinach Salad*

1 bunch spinach, washed, dried and torn  
Olive oil  
Balsamic vinegar  
Salt and pepper to tast

### Instructions:

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 Tbsp. 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

## Garlic Parmesan Roasted Chicken, Broccoli and Appalachian Gold Potatoes

V

### Ingredients:

1 Lb. Queen B Farms chicken breasts  
1 lemon, zested and juiced  
1 tsp. salt, divided  
1 tsp. pepper  
1 Appalachian Gold Potatoes, quartered  
1 Lb. broccoli, chopped into bite sized pieces  
3 Tbsps. butter, melted  
3 Tbsps. olive oil  
5 cloves garlic, crushed  
½ cup Organic Valley grated parmesan cheese  
¼ tsp. black pepper

### Instructions:

1. Preheat the oven to 375 degrees. Line a baking sheet with parchment paper.
2. Lay chicken breasts out onto the baking sheet. Drizzle with lemon juice and season with ½ teaspoon salt and lemon pepper.
3. In a large mixing bowl, add potatoes and broccoli florets. Toss with butter, olive oil, garlic, parmesan cheese, and ½ teaspoon salt and ¼ teaspoon black pepper until evenly coated.
4. Spread potatoes and broccoli out into an even layer on the sheet pan, surrounding the chicken.
5. Bake in the preheated oven for 35-40 minutes until chicken reaches an internal temperature of 165 degrees F and the potatoes and broccoli are fork tender.
6. Garnish with lemon zest and freshly chopped parsley (optional).

## Arugula Skirt Steak Salad with Caramelized Pears

GF

### Ingredients:

#### *Steak Salad*

1.5 Lbs. Hickory Nut Gap Farm Skirt Steak, thawed, and excess fat trimmed  
1 Tbsp. olive oil  
Salt and pepper, for seasoning (about 1 tsp. per side of steak)  
2 Tbsps. unsalted butter  
1/4 cup light brown sugar  
1 Lb. Asian Pears, cored and cut into medium-sized chunks  
1 Tbsp. granulated sugar  
3/4 cup chopped pecans  
4 oz. crumbled bleu cheese  
5 oz. Arugula

#### *Mustard Vinaigrette*

1 Tbsp. Lusty Monk Mustard  
3 Tbsps. red wine vinegar  
1/2 tsp. sugar  
1/3 cup olive oil  
Salt and pepper to taste

### Instructions:

1. Heat a large skillet over a medium-high heat; add olive oil to skillet. Place steak in skillet and let it cook for 5 minutes. Turn it and cook for another 4 minutes. Transfer meat to a large cutting board and let rest for 10 minutes before slicing. Prepare the rest of your ingredients while it's resting.
2. Heat butter in a large skillet over medium heat. Once melted add brown sugar and stir until sugar is dissolved. Add pear chunks, stir, and then cook, stirring occasionally, for about 5 minutes, or just until the pears have released their juices and really softened up. With a slotted spoon (leaving behind as much sauce as possible) transfer pears to a clean plate.
3. Add pecans to the same skillet the pears were cooked in (keeping the pear juices and caramel in the pan), and toss them in the caramel, cooking over medium heat for just 1-2 minutes. Remove pan from heat and working quickly transfer pecans to a plate covered in wax or parchment paper.

4. Once steak has rested for 10 minutes, slice meat against the grain into 1" strips.
5. Scatter arugula onto a large serving dish or platter. Arrange steak strips across the top, then add pears, pecans, and bleu cheese evenly around the platter. Lightly dress with vinaigrette, and serve at once.

For the Mustard Vinaigrette:

1. Whisk all of the ingredients together. Season well with salt and pepper and adjust ingredients to taste.

### MEPD Shopping List

#### Produce:

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

#### Includes:

Hakurei Turnips - 1 Bunch - Local, Organic  
 Brussels Sprouts - 1 Pound - GA, Organic  
 Arugula - 5 Ounces - Local, Organic  
 Mixed Greens - 5 Ounces - Local, Organic  
 Asian Pears - 1 Pound - Local, IPM  
 Broccoli - 1 Pound - GA, Organic  
 Appalachian Gold Potatoes - 2.5 Pounds  
 Spinach - 8 Ounces - Local, Organic  
 Sweet Yellow Onions - 1 Pound - GA, Organic  
 Butternut Squash - 1 Piece - Local, Organic

#### Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Pink Lady Apples \\$2.99](#)

#### Dairy:

[Organic Valley parmesan cheese x 2 \\$13.98](#)

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

#### Meat:

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

[2 Lbs. Wild-caught Salmon \\$27.98](#)

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

#### Pantry:

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

[Honey \\$11.99](#)

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

**Total: \$140.87**

**Price Per Serving: \$7.04**

### Pantry

#### Oils/Fats:

Olive oil  
 Unsalted butter

#### Herbs/Spices:

Salt  
 Pepper  
 Italian seasoning

#### Vinegar:

Balsamic vinegar  
 Apple cider vinegar  
 Red wine vinegar

#### Nuts/Seeds:

Walnuts  
 pecans

#### Grocery:

vegetable stock  
 Light brown sugar  
 Cane sugar

#### Dairy:

ricotta cheese  
 Bleu cheese

For over a year, Mother Earth Produce Delivery has been offering FREE weekly meal plans to help our beloved customers efficiently utilize the bounty of the local harvest in creative, simple and innovative ways. Check them out!

Each plan includes:

Recipes with local, organic ingredients

 Grocery list

Home Delivery

All of this is available at a fraction of the cost of other meal delivery services. While we are not a meal kit company, we do have prepared foods available, and each recipe is designed to be about 30 minutes or less with options for #glutenfree, #dairyfree and #vegetarian. We are talking Tuesday night, not Top Chef!

Here is this week's plan:

Sheet Pan Chicken with Green Beans and Russian Banana Fingerlings

Greek Salad with Chickpeas & Crostini with Olive Oil and Balsamic Dipping Sauce

Seared Scallops with Mandarin , Beet and Spinach Salad

Blue Dream Curry House Green Curry with Broccoli and Summer Squash

Rhu Bakery Roasted Squash and Fromage Quiche and Kale Salad

[http://motherearthproduce.com/pdf/3-13-2018%20MEPD%20Meal%20Plan%20Final%20\(1\).pdf](http://motherearthproduce.com/pdf/3-13-2018%20MEPD%20Meal%20Plan%20Final%20(1).pdf)