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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 10-24-2017

Harvest Corn Chowder with Chorizo with Rhu Ciabatta Bread

Sweet Potato Buddha Bowl

Sunburst Trout with Garlic Lemon & Herb Sauce and Golden Beet Salad

Roasted Apple, Butternut Squash and Caramelized Onion Pizza

Madison Pot Pie "Chicken Pot Pie" and Cucumber Salad

Harvest Corn Chowder with Chorizo with Rhu Ciabatta Bread

GF*

Ingredients:

6 cups fresh corn kernels (cut from 6 ears), divided
 4 cups chicken broth, divided
 2 Tbsps. olive oil
 1 pack Hickory Nut Gap Farm Chorizo, cut into 1/4-inch cubes
 1.5 cups chopped sweet candy onion
 1 pound (about 3 medium) unpeeled red potatoes, cut into 1/4-inch cubes
 2.5 tsps. dried thyme
 1/8 tsp. cayenne pepper
 1 pint half and half
 Fresh thyme sprigs (for garnish)

Rhu Bakery Ciabatta Loaf or Eat More Bakery Parker Rolls for GF option

Instructions:

1. Blend 3 cups corn kernels and 1 1/2 cups broth in processor to coarse puree.
2. Transfer to large bowl.
3. Heat oil in heavy large skillet over medium heat. Add chorizo and sauté until beginning to brown, about 3 minutes. Using slotted spoon, transfer chorizo to small bowl.
4. Add onion and remaining 3 cups corn kernels to same skillet; sprinkle with salt and pepper. Sauté over medium-high heat until onion begins to soften, 5 to 6 minutes. Add potatoes and stir until potatoes begin to soften, about 2 minutes (corn may begin to brown slightly). Transfer corn mixture to large pot.
5. Add dried thyme, cayenne, reserved pureed corn mixture, and remaining 2.5 cups broth to pot. Bring just to boil. Reduce heat to medium and simmer uncovered until potatoes are tender, 10 to 12 minutes.
6. Add half and half and chorizo. Simmer uncovered until heated through, about 2 minutes. Season chowder to taste with salt and pepper. Simmer 5 minutes longer to thicken, if desired.
7. Divide soup among bowls or mugs. Garnish with thyme sprigs and serve.

Sweet Potato Buddha Bowl

GF, DF, V

Ingredients:

4 cup cooked quinoa
4 sweet potatoes peeled and cut into 1/2 inch pieces
1 Tbsp. olive oil
salt and pepper to taste
15 oz. chickpeas rinsed and drained
1 bunch spinach leaves, washed, dried, stemmed and torn
1/4 cup roasted cashews
1 avocado peeled, pitted and thinly sliced
1/4 cup tahini
1 Tbsp. lemon juice
2 tsps. maple syrup

Instructions:

1. Preheat the oven to 400 degrees. Line a sheet pan with parchment paper.
2. Place the chickpeas on one side of the pan and the sweet potatoes on the other side of the pan in a single layer.
3. Drizzle the olive oil over the sweet potatoes and chickpeas and season to taste with salt and pepper.
4. Bake for 25 minutes, or until sweet potatoes are tender and chickpeas are browned and crispy.
5. Divide the quinoa evenly between 4 bowls.
6. Divide the sweet potatoes, chickpeas, spinach, cashews and avocado evenly between the 4 bowls, arranging on top of the quinoa.
7. In a small bowl whisk together the tahini, lemon juice, maple syrup and salt and pepper to taste.
8. Drizzle the tahini dressing over the Buddha bowls and serve immediately.

Sunburst Trout with Garlic Lemon & Herb Sauce and Golden Beet Salad

GF

Ingredients:

Trout

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 golden beets
1 Tbsp. olive oil
3/4 cup apple cider vinegar
Salt and pepper to taste
5 oz. Mixed Lettuce Salad
1/2 cup toasted walnut pieces

Instructions:

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

<p>1/2 cup Three Graces Dairy Garlic & Herb Goat Cheese</p>	<p>scrape the fish skin off the bottom of the pan, making sure to leave all the cooking oils in the pan.</p> <ol style="list-style-type: none"> 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.
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Roasted Apple, Butternut Squash and Caramelized Onion Pizza
GF*, DF, V

<p>Ingredients:</p> <p>1 Rio Bertolini Pizza Dough Ball or Eat More Bakery Pizza Crusts for GF option</p> <p><i>Garlic White Bean Puree</i></p> <p>15 oz can of cannellini beans, rinsed and drained ¼ cup olive oil 2 Tbsps. water 1 Tbsps. lemon juice 2 cloves garlic ½ tsp. dried thyme 1 tsp. salt ½ tsp. black pepper</p> <p><i>Pizza Topping</i></p> <p>4 Tbsps. olive oil 1 sweet candy onion, thinly sliced Salt and pepper to taste 2 cups (½ -inch) cubed, peeled butternut squash 1 Cameo apple, peeled and thinly sliced</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. To make the Garlic White Bean Puree: Blend all ingredients in a food processor until smooth. 2. To make the pizza topping and assemble the pizza: Preheat oven to 375 degrees F. In a large skillet, heat 2 Tbsps. oil over medium-high heat and sauté onions until soft and lightly caramelized, about 20 to 30 minutes. Season generously with salt and pepper. 3. In the meantime, toss remaining 2 Tbsps. oil with squash and season generously with salt and pepper. Transfer to a large rimmed baking sheet and roast for 30 to 35 minutes until squash is fork tender, turning once or twice with a spatula. Remove from oven and set aside. Turn heat up to 450 degrees F. 4. Brush a large rimmed baking sheet (approximately 9- x 13- inch) with oil. 5. Stretch pizza dough into a rectangle and fit it into the prepared baking sheet. Spread a layer of the Garlic White Bean Puree evenly over the rolled-out Pizza Dough. On top of the dough, arrange the spinach, caramelized onions, roasted butternut squash, and apple slices. Season with salt and pepper, and brush the edges of the crust with olive oil. 6. Bake for about 15 to 20 minutes, rotating midway, until the crust is slightly browned or golden. Let cool, slice, and devour!
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Madison Pot Pie "Chicken Pot Pie" and Cucumber Salad

Ingredients:

Pot Pie

Madison Pot Pie "Chicken Pot Pie"

Cucumber Salad

2 cucumbers, thinly sliced

⅓ cup apple cider vinegar

⅓ cup water

2 Tbsp. honey

½ tsp. salt

¼ tsp. pepper

Instructions:

Pot Pie

1. Prepare pot pie per instructions on outer wrapper

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:

Butternut Squash - 1- Local, Organic Mixed Green Salad - 5
Ounces - Local, Organic Cucumbers - 2 Pieces - Local,
Organic Cameo Apples - 6 Pieces - Local, IPM
Sweet Corn - 6 Pieces - GA, Non-GMO
Sweet Potatoes - 4 Pieces - Local, Organic
Gold Beets - 1 Bunch - Local, Organic
Spinach - 1 Bunch - Local, Organic

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Avocados \\$4.99](#)

[Sweet candy onions \\$2.99](#)

[Red potatoes \\$3.99](#)

[Parsley \\$2.99](#)

[thyme \\$2.99](#)

Meat:

[Chorizo \\$8.99](#)

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

Dairy:

[Garlic and Herb Goat Cheese \\$6.99](#)

[Pint of Half & Half \\$3.25](#)

Prepared:

[Madison Pot Pie Chicken Pot Pie \\$17.99](#)

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

Pantry:

[Quinoa \\$8.99](#)

[Chickpeas \\$4.49](#)

Bakery:

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

Total: \$149.59

Price Per Serving: \$7.47

Pantry

Oils/Fats:

Olive oil
Unsalted butter

Vinegar:

Apple cider vinegar

Herbs/Spices:

Salt
Pepper
Cayenne
Dried thyme

Nuts/Seeds/beans:

Walnuts
Cashews
Cannellini beans

Grocery:

Chicken stock
Honey
Maple syrup
Tahini

Libations:

White wine