



**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 10-30-2018

**Sausage and Senshu Apple Stuffed Acorn Squash
O’Henry White Sweet Potato Chili
Pastured Balsam Garden Chicken, Broccoli and Bok Choy Stir Fry
Salami and Brussels Sprouts Pizza and Mixed Greens Salad
Madison Pot Pie “Shepherd’s Pie” and Spinach Salad**

Sausage and Senshu Apple Stuffed Acorn Squash GF, DF*

Ingredients:

2 acorn squash, halved and seeded
1 Tbsp. butter, melted
1/4 tsp. garlic salt
1/7 tsp. ground sage
1 Lb. pork sausage
1/2 cup onion, finely chopped
1 celery rib, finely chopped
4 oz. mushrooms, chopped
2 Senshu apples, cored and chopped
1 cup fine breadcrumbs
1/2 tsp. sage
salt and pepper
1 egg, beaten
2 Tsp. fresh parsley, chopped

Instructions:

1. Combine the melted butter, garlic salt and 1/4 tps. sage. Brush over cut sides and cavity of squash. Salt and pepper to taste.
2. Bake in a large roasting pan, cut side up, at 400 degrees F for 1 hour, until squash is tender yet still holds its shape.
3. Meanwhile make stuffing: Saute pork sausage until light brown. Remove pork to a colander to drain. Drain all but 2 Tbsps. drippings from saute pan. Add onion, celery and mushroom; saute 4 minutes. Stir in apple and saute 2 more minutes.
4. Combine the pork, vegetables, and breadcrumbs in a large bowl.
5. Taste and season with salt or pepper if needed.
6. Stir in the egg and parsley.
7. Fill the squash halves with stuffing-they should be slightly mounded.
8. Return to oven and bake, covered, for 20 more minutes, until the egg is set.
9. Garnish as desired with parsley and shredded romano cheese.

O’Henry White Sweet Potato Chili GF, DF, V

Ingredients:

2 Tbsps. olive oil
2 sweet onions, chopped
1 Lb. mixed sweet peppers, washed, seeded and chopped
1 Lb. O’Henry white sweet potatoes,, peeled and cut into 1/2-inch cubes

Instructions:

1. In a 4-to-6 quart Dutch oven or stock pot over medium heat, warm the olive oil until shimmering. Add the chopped vegetables (onion, peppers and sweet potatoes) and a sprinkle of salt and pepper. Cook, stirring occasionally, until the onions start turning translucent, about 3 to 5 minutes.

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| <p>Salt and black pepper 1 head garlic cloves, pressed or minced 2 Tbsps. chili powder 2 tsps. ground cumin 2 tsps. cayenne pepper (more or less, depending on how spicy you like your chili) 4 tsps. unsweetened cocoa powder 1/2 tsp. ground cinnamon 1 large can (28 ounces) diced tomatoes, with their juices* 15 oz. Fig black beans, rinsed and drained 1 cup vegetable broth or water (may require more liquid) *Suggested garnishes: sour cream, grated cheese, thinly sliced green onions and/or chopped cilantro</p> | <ol style="list-style-type: none"> 2. Reduce the heat to medium-low. Add the garlic and spices (chili powder, cumin, cayenne, cocoa powder, cinnamon, and another dash of salt and pepper) and liquid ingredients (tomatoes, beans and broth), and stir. Bring the mixture to a gentle simmer. Cover and cook, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, until the sweet potatoes are tender and the chili has reduced to a heartier consistency, about 45 minutes to 1 hour. 3. If you would like an even thicker consistency, use a potato masher to mash the chili until the texture suits your preferences. Season chili with salt and pepper to taste. Divide the chili into individual bowls, garnish as desired and serve. |
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Pastured Balsam Garden Chicken, Broccoli and Bok Choy Stir Fry
GF*, DF

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| <p>Ingredients: <i>Stir Fry Sauce:</i> ¼ cup soy sauce or tamari* 2 Tbsps. hoisin sauce 1 Tbsp. rice vinegar 1 tsp. grated fresh ginger 2 cloves garlic, minced ½ tsp. red pepper flakes 1 tsp. orange zest 1.5 Tbsps. orange juice 2 tsps. cornstarch</p> <p>*Use GF Tamari</p> <p><i>Stir Fry</i> 1 Lb. Queen B Farm Pastured Chicken Breast, diced 1 Lb. broccoli, washed and chopped 1 Lb. baby bok choy, washed and chopped 2 Tbsps. olive oil 2 cups Lundberg Jasmine Rice, prepared per instructions</p> | <p>Instructions: <i>Stir Fry Sauce:</i></p> <ol style="list-style-type: none"> 1. In a small bowl, whisk together all the ingredients for the sauce. Set aside. <p><i>Stir Fry:</i></p> <ol style="list-style-type: none"> 1. Set a large nonstick skillet over medium heat. Add in the olive oil. When hot, add in the onion and cook for 2 to 3 minutes, until it starts to soften. Add in the chicken and cook for 5 to 7 minutes, until tender but still just a touch crisp. Add in the broccoli, bok choy and the sauce. Continue to cook for about 2 minutes, stirring frequently, until the sauce has thickened. 2. Serve with rice |
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Salami and Brussels Sprouts Pizza and Mixed Greens Salad

Ingredients:

5 Tbps. olive oil, plus more for the baking sheet
 1 Rio Bertolini Ny Style pizza dough, thawed at room temperature
 1 Lb. Brussels sprouts, very thinly sliced
 4 oz. sliced salami, cut into quarters
 6 oz. Organic Valley mozzarella, grated (2 cups)
 salt and black pepper
 3 Tbps. fresh lemon juice
 5 oz. Greenshine Farms mixed greens
 crushed red pepper, for serving

Instructions:

1. Heat oven to 450° F with the bottom rack set in the lowest position. Lightly oil a large rimmed baking sheet. Stretch the dough into a large oval and place on the prepared sheet; brush with 1 Tbsp. of the oil.
2. In a large bowl, toss the sprouts, salami, and mozzarella with 1 Tbsp. of the remaining oil and ½ tsp. each salt and black pepper; scatter over the dough. Bake until the mozzarella has melted and the crust is golden brown, 12 to 15 minutes. Drizzle with 1 Tbps. of the lemon juice.
3. In a large bowl, toss the greens with the remaining 3 Tbps. of oil and 2 Tbps. of lemon juice and ¼ tsp. each salt and black pepper. Serve with the pizza and red pepper, for sprinkling.

Madison Pot Pie “Shepherd’s Pie” and Spinach Salad

GF

Ingredients:

Pot Pie
 Madison Pot Pie Family Sized “Shepherd’s Pie”

Spinach Salad
 1 bunch spinach, washed and dried
 Bragg’s Healthy Vinaigrette
 Salt and pepper to taste

Instructions:

- Pot Pie*
1. Prepare Pot Pie per instructions. Cover with foil and heat in 350 oven for about an hour.
- Spinach Salad*
1. Add spinach to serving bowl
 2. Drizzle with Bragg’s Healthy Vinaigrette
 3. Season with salt and pepper to taste

MEPD Shopping List

Produce:

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

Includes:

Baby Bok Choy - 1 Pound - Local, Organic - Cottle Organics
Acorn Squash - 1 Piece - Local, Organic - Harlow Farm
Mixed Sweet Peppers - 1 Pound - Local, Organic - M and M Farm
Mixed Salad Lettuce - 5 Ounces - Local, Organic - Greenshine Farm
Broccoli - 1 Pound - GA, Organic - Crosset Organics
O'Henry White Sweet Potatoes - 2.5 Pounds - Local, Organic - Pine Knot Farm
Senshu Apples - 1 Pound - Local, IPM - Lively Orchard
Brussels Sprouts - 1 Pound - GA, Organic - Crosset Organics
Sweet Onions - GA, Organic - Crosset Organics
Spinach - 1 Bunch - Local, Organic - R Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Acorn Squash \\$4.99](#)

[Celery \\$4.99](#)

[Parsley \\$2.99](#)

[Ginger \\$3.99](#)

Dairy:

[Dozen eggs \\$5.99](#)

[Organic Valley mozzarella \\$5.99](#)

Meat:

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

[HNG Pork Sausage \\$5.49](#)

[HNG Salami \\$8.99](#)

Pantry:

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

[Honey \\$11.99](#)

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

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

[Lundberg Jasmine Rice \\$6.99](#)

Prepared:

[Rio Bertolini Ny Style pizza dough \\$2.99](#)

[Madison Pot Pie Family Sized "Shepherd's Pie " \\$17.99](#)

Total: \$154.82

Price Per Serving: \$7.74

Pantry

Oils/Fats:

Olive oil
Unsalted butter

Herbs/Spices:

Salt
Pepper
Italian seasoning
Ground sage
Cinnamon
Ground cumin
Chili powder
Cayenne powder
red pepper flakes

Vinegar:

Rice wine vinegar

Nuts/Seeds:

Walnuts
pecans

Grocery:

vegetable stock
Cacao powder
28 oz can tomatoes
soy sauce or tamari
hoisin sauce
Orange
Cornstarch

