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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 10-31-2017

Slow Cooker Acorn Squash, Purple Potato and Quinoa Chili

Kale and Egg Pizza & Romaine and Avocado Salad

Charcuterie with Marinated Celery Salad with Chickpeas and Parmesan

Slow Cooked Chicken & Arugula and Fuji Apple Salad

Roasted Veggie Pot Pie

Slow Cooker Acorn Squash, Purple Potato and Quinoa Chili

GF, DF, V

Ingredients:

2 Sweet Candy Onions, diced
 1 Lb. Mini Sweet Peppers, washed, seeded
 2 jalapenos, washed, seeded
 6 cloves garlic, minced
 2 Pcs. Purple Sweet Potatoes, washed and diced
 1 Acorn Squash, Roasted, peeled and chunked
 2 15 oz. cans Roasted Tomatoes
 15 oz. Fig Black Beans
 1 cup Alter Eco Quinoa
 2 cups water
 2 Tbsps. Chili powder
 2 Tbsps. cumin
 1 Tbsp. oregano
 Salt to taste
 2 Tbsps olive oil

Instructions:

1. Preheat oven to 400. Halve squash and scoop out seeds. Set seeds aside for roasting if desired. Coat squash with olive oil and place on parchment paper lined sheet pan. Add sweet peppers and jalapenos to pan and drizzle with olive oil Bake for 30-35 minutes. Let cool, and remove skin.
1. Heat large skillet over medium high heat. Add olive oil to pan. Add onions and garlic. Saute until vegetables are tender.
2. Transfer sauteed vegetables to 6 quart slow cooker. Add in purple sweet potatoes, squash, roasted tomatoes, black beans, quinoa, water and spices.
3. Cook on low heat for 6-8 hours
4. Serve with garnish of choice

Kale and Egg Pizza & Romaine and Avocado Salad

GF*, V

Ingredients:

1 bunch kale
3 Tbsp. olive oil, divided
3 cloves of garlic, chopped
¼ medium onion, diced
1 tsp. red pepper flakes
2 Rio Bertolini NY Style Pizza Dough Balls or 2 pizza crusts of choice*
2 cups shredded mozzarella cheese
4 Queen B eggs

*Consider Eat More Bakery GF Crust.

Salad

1 bunch romaine lettuce, washed, dried and torn
1 avocado, peeled, pitted and sliced
Olive oil
Balsamic vinegar
Salt and pepper to taste

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. Prepare lettuce and avocado. Place in a serving bowl.
2. Drizzle olive oil and splash balsamic to dress. Salt and pepper to taste.

Charcuterie with Marinated Celery Salad with Chickpeas and Parmesan

GF*

Ingredients:

Ingredients:
Charcuterie
8 oz. Hickory Nut Gap Farm Salami, sliced thin on a bias
Roots and Branches Olive Oil Crackers*
Lusty Monk Mustard
Happy Cow Creamery 3 Year Aged Cheddar

*GF- Substitute with GF crackers of choice

Celery Salad

3 Tbsps. Apple Cider Vinegar
1 Tbsp. Lusty Monk Mustard
1 tsp maple syrup
Salt and pepper to taste
2 cloves garlic, smashed
½ cup extra-virgin olive oil, more as needed
2 15 oz bags Fig Chickpeas
1 bunch celery stalks, trimmed (reserve the leaves) and cut into large julienne

Instructions:

Charcuterie

1. Slice salami and cheese into thin pieces and arrange on cutting board. Add crackers and bowl of mustard to board and serve

Celery Salad

1. In a large bowl, whisk together vinegar, mustard, maple syrup and a large pinch each of salt and pepper. Drop in garlic cloves, stir, and set aside 15 to 30 minutes to let the flavor infuse.
2. Gradually whisk in oil; dressing will emulsify. Mix in chickpeas, celery and scallions. Cover and refrigerate at least 2 hours or overnight.
3. Remove garlic cloves from dressing. Taste and adjust the seasonings with salt, pepper, vinegar and olive oil. Set aside to come to cool room temperature.
4. Just before serving, mix celery leaves and basil into the salad. In a serving bowl, place a layer of greens, if using, in the bottom. Add celery mixture, then top with cheese and more black pepper.

<p>2 large green onions, white and pale green parts, thinly sliced on a diagonal</p> <p>loosely packed celery leaves, coarsely chopped</p> <p>¼ cup loosely packed basil leaves, rolled and julienned</p> <p>2 ounces Grated Parmesan cheese</p>	
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Slow Cooked Chicken & Arugula and Fuji Apple Salad
GF, DF

<p>Ingredients:</p> <p><i>Slow Cooked Chicken</i></p> <p>1 Whole chicken, thawed</p> <p>1/2 tsp. black pepper</p> <p>1/2 tsp. dried thyme</p> <p>1 clove of garlic, minced</p> <p>1 tsp. onion powder</p> <p>2 tsp. paprika</p> <p>2 tsp. Salt</p> <p><i>Salad</i></p> <p>1/2 cup raw pecans</p> <p>5 oz arugula</p> <p>2 Fuji apples, peeled, quartered, cored and thinly sliced lengthwise</p> <p><i>Dressing</i></p> <p>1 large lemon, juiced</p> <p>1 Tbsp. maple syrup</p> <p>Pinch each sea salt + black pepper</p> <p>3 Tbsp. olive oil</p>	<p>Instructions:</p> <p><i>Slow Cooked Chicken</i></p> <ol style="list-style-type: none"> 1. Thaw chicken. Remove wrapper and place on dish 2. Mix together all of the seasonings in a small dish. 3. Using your fingers, gently lift the skin over the breasts by sliding your fingers up towards the neck to separate the skin and meat. Rub the spice mixture all over the chicken, over the skin and underneath right onto the breast meat. 4. Place the chicken in a crock pot on low for 8 hours. <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. Preheat oven to 350 degrees F and arrange pecans on a baking sheet. 2. Bake pecans for 8-10 minutes or until fragrant and deep golden brown. Remove from oven and set aside. 3. While pecans are toasting, prep remaining salad ingredients and add to a large mixing bowl. 4. Prepare dressing in a mixing bowl or mason jar by adding all ingredients and whisking or shaking vigorously to combine. Taste and adjust flavor as needed. 5. Add pecans to salad and top with dressing. Toss to combine and serve immediately.
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Roasted Veggie Pot Pie
V

<p>Ingredients:</p> <p>Ingredients:</p> <p>Madison Pot Pie "Veggie Pot Pie"</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Remove outer covering and prepare pot pie per instructions
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MEPD Shopping List

Produce:

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

Includes:

Green Kale - Bunch - Local, Organic - Thicketty Farm
Arugula - 5 Ounces - Local, Organic - Red Hawk Farm
Mini Sweet Peppers - 1 Pound - Local, Organic - Watkins Farm
Purple Sweet Potatoes - 2 Pieces - Local, Organic - Pine Knot Farm
Fuji Apples - 6 Pieces - Local, IPM - Parker Orchard
Acorn Squash - 1 Piece - Local, Organic - R Farm
Celery - 1 Bunch - GA, Organic - Crosset Organics
Navel Orange - 3 Pieces - CA, Organic - Crosset Organics
Sweet Candy Onions - 1 Pound - Local, Organic - Ivy Creek Farm
Romaine Lettuce - 1 Bunch - Local, Organic - New Sprout Farm

Add-On Produce:

[Avocados \\$4.99](#)

[Garlic \\$2.99](#)

[Scallions \\$1.99](#)

[Lemons \\$3.99](#)

[Basil \\$2.99](#)

Meat:

[Queen B Farm Whole Chicken \\$4.99/Lb](#)

[Hickory Nut Gap Farm Salami \\$8.99](#)

Dairy:

[1 dozen Queen Bee Farms Pastured Eggs \\$5.99](#)

[1 bag shredded mozzarella cheese \\$5.99](#)

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

[Happy Cow Creamery 3 year cheddar \\$7.99](#)

[Organic Valley Grated Parmesan \\$7.99](#)

Prepared:

[2 Rio Bertolini NY Style Pizza Crusts \\$5.98](#)

[Madison Pot Pie "Veggie Pot Pie" Family Size \\$17.99](#)

Pantry:

[Fig Black Beans \\$4.49](#)

[2 Fig Chickpeas \\$9.98](#)

[Roots and Branches Olive Oil Crackers \\$4.49](#)

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

[Alter Eco Quinoa \\$8.99](#)

Total: \$161.79

Price Per Serving: \$8.09

Pantry

Oils/Fats:

Olive oil

Vinegar:

Balsamic Vinegar

Herbs/Spices:

Salt

Pepper

Red chili flakes

Oregano

Thyme

Cumin

Paprika

Onion powder

Produce:

jalapenos

Nuts and Seeds:

Pecans

Sweeteners:

Maple Syrup

Grocery:

Fire roasted tomatoes