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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 10-3-2017

Parmesan Roasted Delicata Squash and Classic Panzanella Salad

Mushroom and Arugula Pizza

Moroccan Beef Kebabs & Maple Roasted Carrots and Apples

Quinoa, Pear and Roasted Sweet Potato Salad With Walnuts

Roasted Red Potato, Smoked Gouda, and Scallion Quiche & Mixed Green Salad

Parmesan Roasted Delicata Squash and Classic Panzanella Salad

V

Ingredients:

Squash

2 pcs. delicata squash
 2 Tbsps. plus 1 tsp. olive oil
 1 tsp. Italian seasoning
 1/2 tsp. salt
 1/4 tsp. black pepper
 1/4 cup Parmesan cheese

Salad

2 pounds heirloom tomatoes, cut into bite-sized pieces
 2 tsps. salt, plus more for seasoning
 3/4 pound Rhu Bakery Ciabatta bread, cut into 1 1/2-inch cubes
 10 tablespoons extra-virgin olive oil, divided
 1 small yellow onion, minced
 2 medium cloves garlic, minced
 1/2 tsp. Lusty Monk Original Sin mustard
 2 Tbsps. red wine vinegar
 Freshly ground black pepper
 1/2 cup packed basil leaves, roughly chopped

Instructions:

Squash

1. Preheat oven to 350 degrees.
2. Cut squash in half lengthwise, then crosswise and scoop out the seeds and insides. Discard.
3. Cut squash into 1/2 inch slices.
4. Combine olive oil, Italian seasoning, salt and pepper together in a bowl.
5. Brush mixture over both sides of the squash.
6. Roast squash in preheated oven for 15 minutes, turn and roast for another 15 or until browned and tender.
7. Remove from oven and immediately sprinkle with Parmesan cheese. Serve.

Salad

1. Place tomatoes in a colander set over a bowl and season with salt. Toss to coat. Set aside at room temperature to drain, tossing occasionally, while you toast the bread. Drain for a minimum of 15 minutes.
2. Meanwhile, preheat oven to 350°F and adjust rack to center position. In a large bowl, toss bread cubes with 2 tablespoons olive oil. Transfer to a rimmed baking sheet. Bake until crisp and firm but not browned, about 15 minutes. Remove from oven and let cool.

	<ol style="list-style-type: none"> 3. Remove colander with tomatoes from bowl with tomato juice. Place colander with tomatoes in the sink. Add onion, garlic, mustard, and vinegar to the bowl with tomato juice. Whisking constantly, drizzle in the remaining 1/2 cup olive oil. Season dressing to taste with salt and pepper. 4. Combine toasted bread, tomatoes, and dressing in a large bowl. Add basil leaves. Toss everything to coat and season with salt and pepper. Let rest for 30 minutes before serving, tossing occasionally until dressing is completely absorbed by bread.
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Mushroom and Arugula Pizza
GF*, V

<p>Ingredients:</p> <p><i>Pizza</i></p> <p>3 Tbsps. olive oil, divided 8 oz. cremini mushrooms 1 pound Rio Bertolini whole wheat pizza dough* 2 cloves garlic, very thinly sliced 6 ounces Organic Valley shredded mozzarella 3 cups loosely packed arugula ¼ tsp. salt 2 tsps. fresh lemon juice</p> <p>*GF option: Use Eat More Bakery Pizza Crusts</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Place a pizza stone or large rimless baking sheet on the bottom rack and preheat oven to the highest temperature, preferably 500°F, for 30 minutes. 2. Meanwhile, heat 2 tablespoons olive oil in a large skillet over medium heat. Cook mushrooms, stirring occasionally, until beginning to brown, about 5 minutes. Remove from heat and set aside. 3. Roll dough on a floured surface into a 14-inch circle. Transfer to a floured pizza peel (or rimless baking sheet). Scatter garlic over the dough then sprinkle with mozzarella and half of the mushrooms (reserve the remaining mushrooms for Step 5). Drizzle the remaining 1 tablespoon olive oil over the pizza. 4. Carefully slide the pizza onto the preheated pizza stone or baking sheet. Bake until browned, 10 to 15 minutes. Transfer to a cutting board and cut into 4 pieces. 5. Toss arugula with olive oil and salt and lemon juice. Top the pizza with the arugula, the reserved mushrooms and cheese. Serve immediately.
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Moroccan Beef Kebabs & Maple Roasted Carrots and Apples

GF, DF

Ingredients:

Beef Kebabs

2 Lbs. Hickory Nut Gap grassfed beef stew meat, less than 1 inch thick
2 Tbsps. parsley, finely chopped
1/3 cup olive oil
1/2 small onion, grated
1 Tbsps. tomato paste
1 Tbsp. red wine vinegar
1/2 tsp. salt
1/2 tsp. cumin
1/2 tsp. paprika
1/2 tsp. black pepper
1/2 tsp. garlic powder

Roasted carrots and apples

1.25 Lbs. carrots, peeled and cut into 1-in slices
3 Gala apples, peeled, cored, and sliced
1/4 cup maple syrup
2 Tbsps. olive oil
1 tsp. curry powder
1/2 tsp. garam masala
1/4 tsp. ground cumin

Instructions:

Beef Kebabs

1. Cut any large pieces of meat in half so they will cook faster. Then place the beef cubes in a medium bowl. Chop the parsley and add it to the beef, set aside to be used later.
2. Pour the olive oil in a small glass bowl. Add the spices, vinegar & tomato paste, stir until well blended. Grate the onion & add it to the oil mixture.
3. Stir the mixture in with the beef until it is well coated. Cover with a lid & place in the refrigerator to marinate for at least 2 hours.
4. Place the beef on skewers, leaving a little gap between each piece. Grill on each side until the meat is no longer pink inside, between 10-15 minutes.

Roasted carrots and apples

1. In a large bowl, toss carrots and apples with remaining ingredients until coated. Spread in a single layer on a greased baking sheet.
2. Roast carrots and apples at 400 F for 20-25 minutes or until fork-tender. Serve warm.

Quinoa, Pear and Roasted Sweet Potato Salad With Walnuts
GF, DF, V

Ingredients:

1 cup quinoa
4 sweet potatoes, scrubbed but not peeled, cut into 1/2-inch cubes
4 Tbsps. olive oil
1/2 cup fresh parsley leaves, chopped
2 large scallions, trimmed and thinly sliced
2 Asian pears, cored but not peeled, cut into 1/2-inch cubes
1/4 cup fresh lemon juice
2 Tbsps. maple syrup
1/2 tsp. salt
1/2 tsp. freshly ground black pepper
1/2 cup walnut pieces, coarsely chopped, for garnish

Instructions:

1. Cook the quinoa per instructions. Let cool.
2. Meanwhile, preheat the oven to 400 degrees. Toss the sweet potatoes with 1 tablespoon of the oil on a large rimmed baking sheet. Roast until fork-tender, 10 to 15 minutes. Let cool.
3. Combine the quinoa, sweet potatoes, parsley, scallions and pears in a large mixing bowl.
4. Whisk together the remaining 3 tablespoons of oil, the lemon juice, maple syrup, salt and pepper in a small bowl, until emulsified.
5. Pour the dressing over the quinoa mixture and toss to coat. Serve topped with walnuts.

Roasted Red Potato, Smoked Gouda, and Scallion Quiche & Mixed Green Salad
V

Ingredients:

Quiche
Roasted Red Potato, Smoked Gouda and Scallion Quiche

Salad
5 oz. Mixed Lettuce Salad
Olive oil
Balsamic vinegar
Salt and pepper to taste

Instructions:

- Quiche*
1. Preheat oven to 350.
 2. Bake quiche in the oven for 20-25 minutes
- Salad*
1. Assemble salad in large serving bowl.
 2. Drizzle with olive oil and balsamic. Sprinkle with salt and pepper to taste.

MEPD Shopping List

Produce:

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

Includes:

Heirloom Tomatoes: 1 Pound - Local, Organic

Mixed Green Salad Mix: 5 Ounces - Local, Organic

Arugula: 5 Ounces - Local, Organic

Delicata Squash: 2 Pieces - Local, Organic

Sweet Potatoes: 4 Pieces - Local, Organic

Gala Apples: 2 Pound - Local, IPM

Carrots: 1.25 Pounds - CA, Organic

Asian Pears: 1 Pound - Local, IPM

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Basil \\$2.99](#)

[Cremini mushrooms \\$4.99](#)

[Shiitake mushrooms \\$4.99](#)

[Yellow onions \\$2.99](#)

[Parsley \\$2.99](#)

Meat:

[2 Lbs. Hickory Nut Gap Farm Grass Fed Stew Meat \\$17.99](#)

Dairy:

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

[Parmesan Cheese \\$6.99](#)

Prepared:

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

[Roasted Red Potato, Smoked Gouda and Scallion Quiche \\$14.99](#)

Pantry:

[Quinoa \\$8.99](#)

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

Bakery:

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

Total: \$133.84

Price Per Serving: \$6.69

Pantry

Oils/Fats:

[Orena Olive oil](#)

Vinegar:

Balsamic Vinegar

Red wine vinegar

Herbs/Spices:

Salt

Pepper

Cinnamon

Italian seasoning

Cumin

Paprika

Garlic powder

Yellow curry powder

Garam masala

Nuts:

Walnuts

Grocery:

Tomato paste

Maple syrup