



*fred\*Meal Plan coordinates with the contents of our weekly Medium Produce Bin 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 11-14-2017**

**Lemon Brussels Sprouts Pizza and Red Leaf Lettuce Salad**

**Pear & Gorgonzola Ravioli and Spinach Salad**

**Swamp Rabbit Cafe Carrot Tahini Bisque and Goldrush Apple & Arugula Salad**

**Zucchini, Yellow Squash and Sweet Cocktail Tomato Gratin**

**Sheet Pan Garlic Parmesan Roasted Chicken, Broccoli and Yukon Gold Potatoes**

### **Lemon Brussels Sprouts Pizza and Red Leaf Lettuce 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 yellow onion

1 pound 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

##### **Red Leaf Lettuce Salad**

1 bunch red leaf lettuce, washed, dried and torn

Olive oil

Balsamic vinegar

Salt and pepper to taste

#### **Instructions:**

##### **Pizza**

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 tablespoon 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.

## Pear & Gorgonzola Ravioli and Spinach Salad

V

### Ingredients:

#### *Ravioli*

2 Packages Rio Bertolini Pear & Gorgonzola Ravioli

#### *Salad*

1 bunch spinach, washed, dried, stemmed and torn

½ cup toasted, chopped walnuts

2 oz. crumbled Three Graces Dairy Goat Cheese,  
Scottish Spiced Ginger

Olive Oil

Balsamic Vinegar

Salt and pepper to taste

### Instructions:

#### *Ravioli*

1. Prepare ravioli per instructions

#### *Salad*

1. In a small bowl, combine the balsamic vinegar, salt, and pepper. Gradually whisk in the oil to make a dressing.
2. Put all but a large handful of the spinach in a large bowl. Toss with most of the dressing. Add remaining spinach and continue tossing until well coated.
3. Serve immediately topped with goat cheese and walnuts.

## Swamp Rabbit Cafe Carrot Tahini Bisque and Goldrush Apple & Arugula Salad

GF, V

### Ingredients:

#### *Soup*

1 Quart Swamp Rabbit Cafe Carrot Tahini Bisque

#### *Salad*

1 bunch arugula

2 thinly sliced Goldrush apples

½ cup toasted, chopped walnuts

2 oz. crumbled Three Graces Dairy Goat Cheese-  
Scottish Spice

#### *Viniagrette*

2 Tbsps. olive oil

1 Tbsp. honey

3 Tbsps. lemon juice

1/4 tsp. salt

1/4 tsp. ground black pepper

### Instructions:

#### *Soup*

1. Warm bisque in 2 quart sauce pan.

#### *Salad*

1. In a large bowl, combine the arugula, apple slices, walnuts, and goat cheese.
2. In a small bowl, mix together the olive oil, honey, lemon juice, salt and pepper.  
Pour the dressing into the salad and toss to combine.

## Zucchini, Yellow Squash and Sweet Cocktail Tomato Gratin

**GF, V**

### Ingredients:

1 Lb. zucchini  
1 Lb. yellow squash  
2 Tbsps. olive oil  
½ finely chopped onion  
2 tsps. finely chopped garlic  
2 sprigs fresh thyme, chopped, or 1/2 teaspoon dried  
Salt and freshly ground pepper to taste  
1 Lb. local Sweet Cocktail Tomatoes, cored and cut into thin slices  
2 Tbsps. basil leaves cut into small strips  
2 Tbsps. freshly grated Parmesan cheese.

### Instructions:

1. Preheat the broiler.
2. Rinse the zucchini and squash and pat them dry. Trim off the ends but do not peel them. Slice them in thin slices crosswise.
3. Heat 1 tablespoon olive oil in a nonstick skillet and when hot add the zucchini, squash, onion, garlic and thyme. Saute over high heat, shaking the pan and tossing the vegetables gently. Add salt and pepper and cook for a total of 5 minutes.
4. Spoon the mixture into a casserole or baking dish. Smooth the top and arrange the sliced tomatoes in a circular pattern to cover the top. Add salt and pepper and sprinkle with the strips of basil leaves and the cheese. Drizzle the remaining oil over all.
5. Place under the broiler for 3 to 4 minutes or until light brown.

## Sheet Pan Garlic Parmesan Roasted Chicken, Broccoli and Yukon Gold Potatoes

**GF**

### Ingredients:

1 Lb. Queen B Farms chicken breasts  
1 lemon, zested and juiced  
1 tsp. salt, divided  
1 tsp. pepper  
1 :Lb. Yukon Gold potatoes, quartered  
2 cups broccoli florets  
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).

## MEPD Shopping List

### Produce:

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

#### Includes:

Spinach - 1 Bunch - Local, Organic  
Brussels Sprouts - 1 Pound - GA, IPM  
Zucchini - 1 Pound - FL, Organic  
Broccoli - 1 Pound - Local, Organic  
Red Leaf Lettuce - 1 Head - Local, Organic  
Yukon Gold Potatoes - 2.5 Pounds - GA, Organic  
Goldrush Apples - 6 Pieces - Local, IPM  
Yellow Squash - 1 Pound - FL, Organic  
Arugula - 1 Bunch - Local, Organic

### Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Yellow onions \\$2.99](#)

[Sweet Cocktail Tomatoes \\$3.99](#)

[Basil \\$2.99](#)

### Meat:

[1 Lb. Balsam Gardens Chicken Breasts \\$11.99](#)

### Dairy:

[Three Graces Dairy Goat Cheese- Scottish Spice \\$6.99](#)

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

[Parmesan Cheese \\$6.99](#)

### Prepared:

[1 Rio Bertolini NY Style Pizza Crusts \\$2.99](#)

[2 packages Rio Bertolini Pear and Gorgonzola Ravioli  
\\$15.98](#)

[Swamp Rabbit Cafe Carrot Tahini Bisque \\$9.99](#)

**Total: \$115.87**

**Price Per Serving: \$5.79**

## Pantry

### Oils/Fats:

Olive oil  
Unsalted butter

### Vinegar:

Balsamic Vinegar

### Herbs/Spices:

Salt  
Pepper  
Italian seasoning

### Nuts/Seeds:

Walnuts

### Sweeteners:

Honey

### Dairy:

Ricotta Cheese