



*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 11-16-2017**

### **All About Those Sides...**

Yukon Gold Mashed Potatoes

Simple Herbed Stuffing

Citrus and Ginger Cranberry Relish

Garlicky Green Beans Almondine

### **Brunch and Beyond**

Roasted Red Potato, Smoked Gouda and Scallion Quiche

Spinach and Goldrush Apple Salad

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Angel Hair Pasta with Roasted Broccoli

Shaved Yellow Squash and Radish Salad

<p><b>Yukon Gold Mashed Potatoes</b>  <b>Simple Herbed Stuffing</b>  <b>Citrus and Ginger Cranberry Relish</b>  <b>Garlicky Green Beans Almondine</b></p>	
<p><b>Ingredients:</b>  <b>Yukon Gold Mashed Potatoes</b>            Ingredients:            2.5 Lbs Yukon Gold Mashed Potatoes            8 Tbsp butter            1 cup whole milk or half &amp; half            Salt and pepper to taste</p> <p><b>Simple Herbed Stuffing</b>            3/4 cup unsalted butter plus more for baking dish            1 Loaf Rhu Bakery Ciabatta, cubed            2 1/2 cups chopped yellow onions            5 stalks of celery cut into 1/4" slices            5 carrots, washed and cut into 1/4" slices            1/2 cup chopped flat-leaf parsley            2 Tbsps. chopped fresh sage            1 Tbsp. chopped fresh rosemary            1 Tbsp. chopped fresh thyme</p>	<p><b>Instructions:</b>  <b>Yukon Gold Mashed Potatoes</b></p> <ol style="list-style-type: none"> <li>1. In a large pot, bring a gallon of water and 2 tablespoons salt to a boil over high heat.</li> <li>2. Peel and quarter potatoes and keep in cold water until ready to cook. Add potatoes to boiling water and boil about 15 to 20 minutes, until soft; a knife should go in with almost no resistance.</li> <li>3. In a saucepan, heat butter and milk together until butter melts and mixture steams.</li> <li>4. Drain potatoes well and return to pot. Using an extruding masher, hand or stand mixer, mash hot potatoes until smooth. Lightly mix in about half of hot butter mixture, just until blended. Taste for salt and add more butter mixture until seasoned to your liking.</li> </ol> <p><b>Simple Herbed Stuffing</b></p> <ol style="list-style-type: none"> <li>1. Preheat oven to 250°F. Butter a 13x9x2" baking dish and set aside. Scatter bread in a single layer on a rimmed baking sheet. Bake, stirring occasionally, until dried out, about 1 hour. Let cool; transfer to a very large bowl.</li> </ol>

**Ingredients:**

**Yukon Gold Mashed Potatoes**

Ingredients:

2.5 Lbs Yukon Gold Mashed Potatoes

8 Tbsp butter

1 cup whole milk or half & half

Salt and pepper to taste

**Simple Herbed Stuffing**

3/4 cup unsalted butter plus more for baking dish

1 Loaf Rhu Bakery Ciabatta, cubed

2 1/2 cups chopped yellow onions

5 stalks of celery cut into 1/4" slices

5 carrots, washed and cut into 1/4" slices

1/2 cup chopped flat-leaf parsley

2 Tbsps. chopped fresh sage

1 Tbsp. chopped fresh rosemary

1 Tbsp. chopped fresh thyme

**Instructions:**

**Yukon Gold Mashed Potatoes**

1. In a large pot, bring a gallon of water and 2 tablespoons salt to a boil over high heat.
2. Peel and quarter potatoes and keep in cold water until ready to cook. Add potatoes to boiling water and boil about 15 to 20 minutes, until soft; a knife should go in with almost no resistance.
3. In a saucepan, heat butter and milk together until butter melts and mixture steams.
4. Drain potatoes well and return to pot. Using an extruding masher, hand or stand mixer, mash hot potatoes until smooth. Lightly mix in about half of hot butter mixture, just until blended. Taste for salt and add more butter mixture until seasoned to your liking.

**Simple Herbed Stuffing**

1. Preheat oven to 250°F. Butter a 13x9x2" baking dish and set aside. Scatter bread in a single layer on a rimmed baking sheet. Bake, stirring occasionally, until dried out, about 1 hour. Let cool; transfer to a very large bowl.

- 2 tsps. salt
- 1 tsps. freshly ground black pepper
- 2 1/2 cups chicken broth, divided
- 2 large eggs

**Citrus and Ginger Cranberry Relish**

Ingredients

- 1 Lb. cranberries
- 2 Navel oranges
- 1/2 cup brown sugar
- 1 Tbsp. minced ginger
- 1/2 cup water

**Garlicky Green Beans Almondine**

Ingredients:

- 1 Lb. green beans
- 3 oz. slivered almonds
- 1 Tbsp. unsalted butter
- 1 clove fresh garlic, minced
- black pepper, to taste
- 1 tsp. lemon juice (optional)
- salt, for seasoning water

2. Meanwhile, melt 3/4 cup butter in a large skillet over medium-high heat; add onions and celery. Stir often until just beginning to brown, about 10 minutes. Add to bowl with bread; stir in herbs, salt, and pepper. Drizzle in 1 1/4 cups broth and toss gently. Let cool.
3. Preheat oven to 350°F. Whisk 1 1/4 cups broth and eggs in a small bowl. Add to bread mixture; fold gently until thoroughly combined. Transfer to prepared dish, cover with foil, and bake until an instant-read thermometer inserted into the center of dressing registers 160°F, about 40 minutes. DO AHEAD: Dressing can be made 1 day ahead. Uncover; let cool. Cover; chill.
4. Bake dressing, uncovered, until set and top is browned and crisp, 40-45 minutes longer (if chilled, add 10-15 minutes).

**Citrus and Ginger Cranberry Relish**

1. Separate peel and pith from fleshy portion of navel oranges, crudely chop. Pulse the cranberries in a food processor until coarsely chopped.
2. Combine cranberries, oranges, water, brown sugar and ginger in a saucepan over medium-high heat. Bring to a simmer. Lower heat a bit to keep it at a nice simmer for about 20 minutes, until the cranberries have softened and the liquid has reduced to create a thick compote.

**Garlicky Green Beans Almondine**

1. Bring a pot of water to boil and season with a generous pinch of sea salt. Get a large bowl of ice water ready.
2. In a deep 10-inch skillet melt a tablespoon of unsalted butter. Throw in the slivered almonds, stir occasionally until toasted and golden. Remove to a small bowl and set them off to the side.
3. Drop the green beans into the salted boiling water for two to three minutes. Immediately remove and plunge them into the bowl of ice water, to lock in that bright green color.
4. Drain and shake off any excess water before placing the green beans in the skillet with the butter. Toss and cook the beans for a few minutes to get them hot again.
5. Add clove of minced garlic and lemon juice}
6. Season with a generous amount of black pepper and toss, cooking until the green beans are al dente. Add the toasted almonds back into the skillet, toss and serve!

**Brunch and Beyond**  
**Roasted Red Potato, Smoked Gouda and Scallion Quiche**  
**Spinach and Goldrush Apple Salad**

**Ingredients:**

*Quiche*

**Ingredients:**

Sweet Daisy Bake Shop Butternut Squash and Goat Cheese Quiche

**Spinach and Goldrush Apple Salad**

*Salad*

1/2 cup raw pecans  
 1 bunch spinach  
 2 Goldrush apples, peeled, quartered, cored and thinly sliced lengthwise

*Dressing*

1 large lemon, juiced  
 1 Tbsp. maple syrup  
 Pinch each sea salt + black pepper  
 3 Tbsp. olive oil

**Instructions:**

*Quiche*

1. Heat oven to 350. Heat quiche for 25-30 minutes until warmed through and serve with Spinach and Goldrush Apple Salad

*Salad*

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.

**Angel Hair Pasta with Roasted Broccoli**  
**Shaved Yellow Squash and Radish Salad**

**Ingredients:**

**Angel Hair Pasta with Broccoli**

1 Lb. broccoli crowns  
 6 Tbsps. olive oil  
 1 Tbsp. Italian seasoning  
 Salt to taste  
 2 portions Rio Bertolini Angel Hair pasta  
 10 cloves garlic, thinly sliced  
 1/2 tsp. crushed red pepper  
 6 oz. Organic Valley Grated Parmesan

**Squash Salad**

1 Lb. yellow squash  
 1 cup thinly sliced icicle radishes  
 2 tablespoons chopped fresh thyme  
 3 Tbsps. Champagne vinegar  
 4 Tbsps. olive oil  
 1 tsp. salt  
 1 tsp. black pepper

**Instructions:**

**Angel Hair Pasta with Broccoli**

1. Preheat oven to 450°F; line a large, rimmed baking sheet with parchment paper. Combine broccoli, 1 Tbsp. olive oil and Italian seasoning in a large bowl; toss to coat. Place broccoli in a single layer on baking sheet. Roast, stirring once or twice, until broccoli is crisp-tender and beginning to lightly brown, about 15 minutes.
2. Bring a pot of salted water to a boil. Cook pasta until al dente, about 4 minutes or as package label directs. Drain, reserving 1 1/2 cups pasta cooking water.
3. Warm 3 Tbsp. olive oil in a Dutch oven over medium heat. Sauté garlic until just golden brown, about 2 minutes. Remove from heat; stir in crushed red pepper, 1 tsp. salt, 1 1/4 cups reserved pasta water and remaining olive oil. Add pasta and 1/2 cup cheese; simmer over medium heat, tossing gently, until sauce thoroughly coats pasta (add remaining 1/4 cup pasta water if needed), 2 to 3 minutes. Remove from heat and toss in broccoli, remaining cheese and basil. Serve immediately with Shaved Squash and Radish Salad.

### Squash Salad

1. Using a vegetable peeler, shave yellow squash into strips
2. Combine squash, radishes, and remaining ingredients in a bowl; toss gently to coat. Serve immediately.

### MEPD Shopping List

#### Produce:

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

#### Includes:

Broccoli Crowns – 1 Pound – Local, Organic – New Sprout Organics  
Yellow Squash – 2 Pieces – Local, Organic – New Sprout Organics  
Green Beans – 1 Pound – GA, IPM – Crosset Organics  
Mixed Green Salad Mix – 5 Ounces – Local, Organic – Greenshine Farm  
Cranberries – 8 Ounces – CA, Organic – Crosset Organics  
Yellow Sweet Onion – 1 Pound – GA, Organic – Crosset Organics  
Yukon Gold Potatoes – 2.5 Pounds – GA, Organic – Lady Moon Farm  
Goldrush Apples – 3 Pieces – Local, IPM – Parker Orchard  
Spinach – 1 Bunch – Local, Organic – R Farm  
Carrots – 1.25 Pounds – Local, Organic – Clem’s Organic Garden

#### Add-On Produce:

[Garlic \\$2.99](#)

[Scallions \\$1.99](#)

[Lemons \\$3.99](#)

[Parsley \\$2.99](#)

[Rosemary \\$2.99](#)

[Thyme \\$2.99](#)

[Ginger \\$3.99](#)

#### Dairy:

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

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

[Unsalted Butter \\$11.99](#)

[½ & ½ \\$3.25](#)

#### Bakery:

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

#### Prepared:

[Sweet Daisy Bake Shop Butternut Squash and Goat](#)

[Cheese Quiche \\$14.99](#)

[2 portions Rio Bertolini Angel Hair pasta \\$6.98](#)

#### Pantry:

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

**Total: \$124.10**

**Price Per Serving: \$6.20**

### Pantry

#### Oils/Fats:

Olive oil

#### Vinegar:

Balsamic Vinegar

Champagne vinegar

#### Herbs/Spices:

Salt

Pepper

Fresh sage

Italian seasoning

#### Nuts and Seeds:

Pecans

Slivered Almonds

#### Sweeteners:

Maple Syrup

Brown sugar

#### Grocery:

Chicken Stock