



*\*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 11-27-2018**

- Chicken, Navel Orange & Arugula Salad**
- Coconut Red Lentil Stew with Baby Sweet Potatoes and Kale**
- Sauteed Shrimp with Cucumber Tomato Salad**
- Summer Squash & Sausage Pasta**
- Roasted Squash and Fromage Quiche & Mixed Lettuce Salad**

### **Chicken, Navel Orange & Arugula Salad**

**GF, DF**

**Ingredients:**

Salt and pepper  
 1 Lb. Queen B boneless, skinless chicken breasts  
 2 Tbsps. olive oil  
 2 Tbsps. fresh lime juice  
 1 tsp. honey  
 8 oz. arugula,  
 1 avocado, sliced  
 2 Navel oranges, peeled and segmented

**Instructions:**

1. Fill a medium saucepan halfway with water. Bring to a boil and add 1 Tbsp. salt.
2. Add the chicken, reduce heat to medium, and gently simmer until cooked through, 12 to 14 minutes. Transfer to a cutting board and let rest for at least 5 minutes before slicing.
3. Meanwhile, in a small bowl, whisk together the oil, lime juice, honey, ½ teaspoon salt, and ¼ teaspoon pepper.
4. Divide the arugula among bowls and top with the chicken, avocado, and oranges. Drizzle with the vinaigrette.

### **Coconut Red Lentil Stew with Baby Sweet Potatoes and Kale**

**GF, V, DF**

**Ingredients:**

4 Tbsps. olive oil  
 2 yellow onions, finely chopped  
 6 garlic cloves, minced  
 2 tsps. each garam masala, cumin, turmeric  
 1.25 Lbs. Hatteras potatoes, peeled and chopped into 1 inch dice  
 2 cups red lentils, rinsed  
 4 cups vegetable broth  
 2 x 15 oz. Native Forest organic coconut milk  
 1 bunch green kale, chopped  
 Salt and pepper to taste  
 Chopped cilantro to garnish

**Instructions:**

1. Heat oil in large pot over medium heat. Add onion and a sprinkle of salt and pepper and sauté until onions begin to soften - a few minutes.
2. Add garlic and spices and saute until spices are fragrant. If pan becomes too dry, add a bit more oil or a little water to the pan.
3. Add sweet potatoes, red lentils and sprinkle of salt and pepper. Stir to coat with spices.
4. Stir in broth and coconut milk. Bring to a boil, cover pot and reduce heat to low. Simmer for 30 minutes.
5. Add kale, stir and cover pot, cooking for 5 more minutes until kale is wilted.

## Sautéed Shrimp with Cucumber Tomato Salad

### GF

#### Ingredients:

##### *Shrimp*

1 Lb. Mother Ocean Market shrimp, peeled  
 1 bunch flat leaf parsley  
 4 cloves garlic, minced  
 1 lemon, zested and juiced  
 3 Tbsps. butter  
 Salt and pepper to taste

##### *Salad*

1 pint mixed cherry tomatoes, halved  
 2 cucumbers, peeled, seeded and diced  
 1/4 red onion, diced or very thinly sliced  
 1 tsp. oregano  
 2 Tbsps. olive oil  
 1 Tbsp. red wine vinegar  
 salt and freshly ground black pepper, to taste  
 2 ounces Three Graces Dairy Garlic and Herb Goat Cheese, crumbled

\*Rhu Baguette, warmed for serving

#### Instructions:

##### *Shrimp*

1. In cold water, clean and devein shrimp. Set aside on a paper towel to absorb any excess water.
2. In a large sauté pan on medium-low heat, add enough olive oil to coat and 4 cloves of minced garlic.
3. Add shrimp so they are all even on the bottom of the pan. Add the zest of one lemon and season with salt and pepper. Cook for 1 to 2 minutes and flip. Then finish with a handful of fresh chopped parsley, the juice of the lemon, and three tablespoons of butter.

##### *Salad*

1. Combine tomatoes, cucumber, red onion, and oregano in a serving bowl. Pour over olive oil and red wine vinegar, gently toss to coat and evenly distribute ingredients. Season to taste with salt and pepper; sprinkle with goat cheese.
2. Refrigerate until ready to serve. Salad will keep for up to 2 days, though it does tend to get waterier the longer it sits.

## Summer Squash & Sausage Pasta

### GF\*

#### Ingredients:

12 oz. penne pasta, prepared per instructions  
 1 Lb. First Hand Foods Italian sausage, link, sliced thin  
 1/4 cup olive oil, plus more for drizzling  
 1 Lb. summer squash, sliced thin  
 1 oz. sliced Kalamata olives  
 1 tsp. garlic powder  
 1.5 tsps. Italian seasoning  
 1/2 tsp. crushed red pepper flakes  
 Grated parmesan cheese

#### Instructions:

1. Cook pasta 'al dente' according to package directions.
2. Meanwhile, heat a large skillet over medium heat. Add sausage and cook, stirring frequently, until browned and cooked through, 5 to 10 minutes. remove sausage from pan.
3. Add 1/4 cup olive oil and bring heat down to medium-low. Add squash and onion and cook, stirring frequently until soft, about 5 minutes.
4. Add olives, garlic powder, Italian seasoning, and red pepper flakes; season with salt to taste.
5. Drain pasta, reserving 1/2 cup cooking water. Add pasta to skillet and toss to combine. If pasta seems dry, add cooking water 1 Tbsp. at a time, tossing between each addition. Add cooked sausage and combine.
6. Transfer pasta to a large serving platter, drizzle with olive oil, and sprinkle with parmesan cheese.

## Roasted Squash and Fromage Quiche & Mixed Lettuce Salad

V

### Ingredients:

1 Rhu Bakery Squash and Fromage Quiche  
5 oz. mixed lettuce  
Bragg's Healthy Vinaigrette  
Salt & pepper to taste

### Instructions:

1. Preheat oven to 325 and cover quiche with foil
2. Bake quiche for 15-20 minutes
3. Prepare salad with Bragg's healthy vinaigrette, salt & pepper to taste.

## MEPD Shopping List

### Produce:

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

#### Includes:

Spinach - 1 Bunch - Local, Organic - Rouse Brothers Farm  
Arugula - 8 Ounces - Local, Organic - Cottle Farm  
Yellow Squash - 1 Pound - Florida, Organic - Lady Moon Farm  
Cucumbers - 1 Pound - Florida, Organic - Lady Moon Farm  
Mixed Cherry Tomatoes - 1 Pint - Florida, Organic - Lady Moon Farm  
Mixed Salad Lettuce - 5 Ounces - Local, Organic - Greenshine Farm  
Navel Oranges - 2 Pounds - FL, Organic - Crosset Organics  
Green Kale - 1 Bunch - Local, Organic - Cottle Farm  
Hatteras Potatoes - 2.5 Pounds - Local, Organic - Eastern Carolina Organics

### Add-On Produce:

[Garlic \\$2.99](#)

[cilantro \\$2.99](#)

[Lemons \\$3.99](#)

[Red onions \\$2.99](#)

### Dairy:

[Organic Valley parmesan cheese \\$6.99](#)

[Three Graces Dairy Garlic and Herb Goat Cheese \\$6.99](#)

### Meat:

[1 Lb. Mother Ocean Market shrimp \\$16.95](#)

[1 Lb. pastured Queen B chicken breasts \\$11.99](#)

[1 Lb. Italian sausage \\$8.95](#)

### Pantry:

[Red lentils \\$6.99](#)

[2 Native Forest organic coconut milk cans \\$7.98](#)

[12 oz. penne pasta \\$3.99](#)

[Bragg's Healthy Vinaigrette \\$6.49](#)

### Prepared:

[Rhu Bakery Squash and Fromage Quiche \\$18.99](#)

**Total: \$147.27**

**Price Per Serving: \$7.36**

## Pantry

### Oils/Fats:

Olive oil

### Vinegar:

Red wine vinegar

### Herbs/Spices:

Salt

Pepper

garam masala

Cumin

Turmeric

Oregano

Italian seasoning

Garlic powder

Crushed red pepper flakes

### Grocery:

Limes

Kalamata olives

[Honey \\$11.99](#)

