



***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 11-28-2017

Salmon with Gremolata with Roasted Natascha Potatoes and Purple Carrots

Apple, Goat Cheese, Pecan and Arugula Pizza

Indian Chicken Korma with Broccoli and Cucumber Raita

Spinach Parmesan with Zucchini Noodles

Chicken Pot Pie with Red Leaf Lettuce Salad

Salmon with Gremolata with Roasted Natascha Potatoes and Purple Carrots

GF, DF

Ingredients:

Gremolata

1 lemon
 ¼ cup chopped parsley
 3 garlic cloves

Salmon

1 Lb. Wild-Caught Salmon, cut into 4 pieces
 Olive oil
 Salt and Pepper to taste

Roasted Veggies

1 Lb. Natascha Potatoes , washed and diced
 8 oz. Purple Carrots, washed and sliced into coins
 Olive oil
 Salt and pepper to taste

Instructions:

Gremolata

1. Using vegetable peeler, remove peel in long strips from lemon. Mince lemon peel. Transfer to small bowl. Mix in parsley and garlic.

Salmon and Roasted Veggies

1. Preheat the oven to 450 degrees F.
2. Drizzle olive oil over salmon and season salmon with salt and pepper. Place salmon, skin side down, on 1/3rd of parchment paper lined baking sheet. Top with Citrus Gremolata.
3. On the remaining 2/3rds of the baking sheet, spread out carrots and potatoes. Drizzle with olive oil and season with salt and pepper.
4. Bake until salmon is cooked through, about 12 to 15 minutes and remove from oven and place on plate. Continue cooking veggies for another 10 minutes and serve.

Apple, Goat Cheese, Pecan and Arugula Pizza

GF*, V

Ingredients:

1 Rio Bertolini Whole Wheat Pizza Crust*
Olive oil
2 Gold Rush apples, thinly sliced
6 oz. Three Graces Dairy crumbled goat cheese
2 tsps. chopped fresh thyme
1 Tbsp. olive oil
2 tsps. Lusty Monk Mustard
1 tsp. fresh lemon juice
1.5 tsps. honey
1 bunch arugula, chopped
3 Tbsps. chopped pecans, toasted

*GF Option: Eat More Bakery Pizza Crusts

Instructions:

1. Preheat oven to 450°.
2. Place pizza crust on a baking sheet coated with cooking spray. Arrange apple slices evenly over pizza crust; top with cheese. Sprinkle thyme evenly over cheese. Bake at 450° for 8 minutes or until cheese melts and begins to brown.
3. Combine oil and next 3 ingredients (through honey) in a medium bowl, stirring with a whisk. Add arugula; toss gently to coat. Sprinkle pecans evenly over pizza; top with arugula mixture. Cut into slices and serve.

Indian Chicken Korma with Broccoli and Cucumber Raita

GF, V

Ingredients:

Chicken Korma

1 Lb. Queen B Farm Pastured Chicken Breast, diced
1 Lb. Broccoli, washed and chopped
1 pint Blue Dream Curry House Korma Sauce
2 cups uncooked Jasmine Rice, prepared per instructions

Cucumber Raita

1 cucumber
½ tsp. Ground cumin
2 cups Wholesome Country plain, whole-milk yogurt
1 clove garlic, peeled and minced
2 Tbsps. Cilantro leaves, chopped
Cayenne or paprika to garnish

Instructions:

Chicken Korma

1. Prepare rice per instructions
2. Heat skillet over medium high heat. Add olive oil. Brown chicken in the pan, and set aside.
3. Add broccoli to pan, and cook until tender. Return chicken to pan
4. Add Korma sauce to pan, and simmer for 15 minutes.
5. Serve over rice.

Cucumber Raita

1. Peel cucumber.
2. Cut lengthwise into 1/4-inch strips, then into thin slices crosswise.
3. Blot off moisture.
4. Toast cumin seeds for a few seconds in a small, heavy frying pan over high heat.
5. In a bowl, stir yogurt until it is smooth.
6. Mix it with the cumin, garlic and cilantro leaves.
7. Combine mixture with cucumber slivers, sprinkle with cayenne or paprika, and chill before serving.

Spinach Parmesan with Zucchini Noodles

GF, V

Ingredients:

4 zucchini
4 Tbsps. Unsalted butter
4 cloves garlic, minced
1 bunch spinach, washed, dried, and chopped
1/2 cup freshly grated Parmesan cheese
Salt and black pepper, to taste

Instructions:

1. Spiralize the zucchini. Place on paper towels, and lightly salt to remove excess water. Set aside.
2. Place a large skillet over medium-high heat. Melt the butter and add the garlic, cook for 1-2 minutes. Add in the zucchini noodles and spinach. Gently toss and cook until spinach leaves are wilted, about 2-3 minutes. Stir in the Parmesan cheese and toss until zucchini noodles are coated in the parmesan cheese. Season with salt and freshly ground black pepper, to taste.
3. Remove from heat and serve.

Chicken Pot Pie with Red Leaf Lettuce Salad

Ingredients:

Pot Pie
Madison Pot Pie "Chicken Pot Pie" -
Family Size
Red Leaf Lettuce

Red Leaf Lettuce Salad

1 bunch Red Leaf Lettuce, washed,
dried and torn
1/2 cup olive oil
1 Tbsp. Lusty Monk Mustard
1 Tbsp. honey
Salt and pepper to taste

Instructions:

1. Prepare pot pie per instructions on package
- Red Leaf Lettuce Salad*
1. In a small bowl, combine olive oil, mustard, honey, salt and pepper. Whisk well to combine
 2. Spread lettuce on serving plate and drizzle vinaigrette over top. Serve with Chicken Pot Pie

MEPD Shopping List

Produce:

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

Includes:

Spinach - 1 Bunch - Local, Organic - R Farm
Cucumbers - 2 Pieces - Local, Organic - New Sprout Farm
Broccoli- 1 Pound - GA, Organic - Crosset Organics
Baby Purple Carrots - 8 Ounces - Local, Organic - Freedom Farm
Zucchini - 2 Pieces - FL, Organic - Santa Sweet Farm
Natascha Potatoes - 2.5 Pounds - Local, Organic - Freedom Farm
Gold Rush Apples - 6 Pieces - Local, IPM - Parker Orchard
Arugula - 1 Bunch - Local, Organic - R Farm
Sweet Yellow Onions - 1 Pound - GA, Organic - Crosset Organics

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Parsley \\$2.99](#)

[Thyme \\$2.99](#)

[Cilantro \\$2.99](#)

[Zucchini \\$3.99](#)

[Red Leaf Lettuce \\$3.49](#)

Pantry:

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

Meat:

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

[1 Lb. Salmon \\$12.99](#)

Dairy:

[Parmesan Cheese \\$6.99](#)

[Three Graces Dairy Plain Goat Cheese \\$6.99](#)

[Wholesome Country plain, whole-milk yogurt \\$7.99](#)

Prepared:

[1 Rio Bertolini Whole Wheat Pizza Dough Ball \\$2.99](#)

[Blue Dream Curry House Korma Sauce \\$7.99](#)

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

Total: \$144.34

Price Per Serving: \$7.21

Pantry

Oils/Fats:

Olive oil

[Happy Cow Creamery Unsalted butter \\$11.99](#)

Herbs/Spices:

Salt

Pepper

Ground cumin

Cayenne or Paprika

Nuts/Seeds:

pecans

Sweeteners:

[Local Honey \\$11.99](#)