



***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 11-6-2018

Broccoli and Red Bell Pepper Agrodolce with Summer Squash Risotto

Whole Roasted Cauliflower and Spinach & Radish Salad

Butternut Squash, Apple & Bacon Soup and Mixed Green Salad

Green Curry with Shrimp & Baby Bok Choy

Argentinian Tri-Tip Steak, Oven Fries and Arugula Salad

Broccoli and Red Bell Pepper Agrodolce with Summer Squash Risotto

GF, V

Ingredients:

Agrodolce (Italian sweet and sour sauce)

- 1 cup Balsamic vinegar
- 1 cup local honey
- 2 garlic cloves chopped
- 2 scallions, chopped
- 2 sprigs of fresh rosemary chopped
- 1 Tbsp. butter

Broccoli and Red Bell Peppers

- 1 bunch broccoli, washed and chopped, stems peeled and chopped
- 1 Lb. red bell peppers, washed, seeded and julienned
- 4 Tbsps. olive oil
- 2 cloves crushed garlic
- Salt and fresh ground black pepper

Risotto

- 1 quart Swamp Rabbit Cafe Summer Squash Risotto, thawed*
- *Thawing ahead of time dramatically shortens the cooking time

Instructions:

Agrodolce

1. Add the vinegar, honey and garlic to a small saucepan and bring to a slight boil over medium heat. Reduce heat and add scallions and rosemary. Simmer for about 5 minutes. Remove from heat and stir in the butter. Pour over vegetables.

Broccoli and Red Bell Peppers

1. Heat the olive oil in a 10" skillet over medium-low heat.
2. Add the garlic and cook for 1 minute.
3. Add the red bell peppers, broccoli, salt and pepper and toss with the olive oil and garlic until the vegetables become tender.
4. Remove from the skillet and serve with agrodolce sauce, atop summer squash risotto

Risotto

1. Bake the risotto per instructions

Whole Roasted Cauliflower and Spinach & Radish Salad

GF, V

Ingredients:

Cauliflower

1 whole cauliflower head
½ cup olive oil
Salt to taste

Salad

5 oz. spinach
1 bunch sliced radishes
¼ cup parsley, chopped
2 Tbsp. chopped scallions
4 oz. Three Graces Dairy Bee's Knees Goat Cheese, fork crumbled
Bragg's Healthy Vinaigrette

Instructions:

1. Preheat the oven to 375°F and place a rack in the middle position. Trim away the leaves at the bottom of the cauliflower head. Carefully cut off and remove the stem and tough core, but be careful to keep the head intact.
2. Rinse and pat dry the trimmed cauliflower head. Then drizzle olive oil.
3. With your hands, rub the oil on the surface (both top and bottom) until the cauliflower is well coated. Season both sides of the cauliflower liberally with salt.
4. Place the cauliflower florets-side up on a cast iron skillet, and cover tightly with aluminum foil. Put the skillet on the middle rack in the oven. Cook for 30 minutes, covered.
5. Remove the foil from the skillet, and roast for an additional hour in the oven. Once the cauliflower is golden brown on the outside and tender on the inside, take it out of the oven. A knife should slide in and out without any resistance.
6. Transfer the cauliflower head to a platter. Carve and serve

Salad

1. Combine spinach, radishes, ¼ cup parsley leaves, and chives in a large bowl.
2. Toss salad with dressing and top with goat cheese.

Butternut Squash, Apple & Bacon Soup and Mixed Green Salad

GF

Ingredients:

Soup

8 slices First Hand Foods bacon, cut crosswise into 1/4-inch strips
1 butternut squash, peeled, seeded and cut into 1/2-inch cubes
1 granny smith apple, peeled, cored and cut into 1/2-inch cubes to yield
½ Tbsps. fresh sage leaves, finely chopped
1 tsp. salt
½ tsp. black pepper
4 cups chicken broth

Salad

Mixed Green Salad

Instructions:

Soup

1. In a 5 qt or larger stockpot set over medium heat, cook the bacon, stirring occasionally, until crisp and golden, 8-10 minutes. Use a slotted spoon to transfer the bacon to a plate lined with paper towels.
2. Increase the heat to medium high. Add the squash to the pot with the bacon fat and cook until lightly browned, 4-6 minutes.
3. Stir in the apple, sage, salt and pepper and cook for about 4 minutes.
4. Add the broth, scraping up any browned bits in the pot with a wooden spoon.
5. Bring to a boil over high heat, reduce the heat to maintain a simmer and cook until the squash and apples are very soft, 6-8 minutes.

<p>5 oz. Mixed Green Lettuce Mix Bragg's Healthy Vinaigrette Salt and pepper to taste</p>	<ol style="list-style-type: none"> 6. Remove from heat & let cool. 7. Add about half the bacon to the soup and puree, using a stand or immersion blender (you'll need to work in batches if using a stand blender). 8. Taste and add more salt and pepper if needed. 9. Reheat the soup and garnish each serving with the remaining bacon. <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. Add mixed lettuce greens to serving bowl. 2. Drizzle with Bragg's Healthy Vinaigrette 3. Season with salt and pepper to taste
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Green Curry with Shrimp & Baby Bok Choy

GF, DF

<p>Ingredients:</p> <p>1 pint Blue Dream Curry House "Green Dream" Curry 1 Lb. sustainable shrimp, thawed, veined 1 Lb. baby bok choy 2 cups Lundberg Jasmine Rice</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare rice per instructions 2. Prepare shrimp and baby bok choy and place into oiled skillet on medium heat. When shrimp and baby bok choy are tender, pour over Green Dream Curry Sauce. Reduce heat to medium low and simmer for about 15 minutes. 3. Serve curry over rice in bowls.
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Argentinian Tri-Tip Steak, Oven Fries and Arugula Salad

GF, DF

<p>Ingredients:</p> <p><i>Steak</i></p> <p>1 Hickory Nut Gap Farm Tri-Tip Steak, thawed 1 Tbsp. sesame seeds 1 Tbsp. smoked paprika 2 Tbsps. olive oil 2 tsps. salt 2 tsps. black pepper</p> <p><i>Chimichurri Sauce</i></p> <p>1 bunch parsley 8 cloves garlic ¾ cup olive oil ¼ cup red wine vinegar 1 lemon wedge (juiced) 1 Tbsp diced red onion 1 tsp dried oregano 1 tsp black pepper ½ tsp salt</p>	<p>Instructions:</p> <p><i>Steak</i></p> <ol style="list-style-type: none"> 1. Trim fat from steak. Mix sesame seeds, paprika, olive oil, salt and pepper in bowl. Rub all over steak and let sit at room temperature for 30 minutes. Preheat oven to 425 F. Prepare Chimichurri Sauce during this time. <p><i>Chimichurri Sauce</i></p> <ol style="list-style-type: none"> 1. Pulse parsley in processor to chop. Add remaining ingredients to blend. 2. Place steak in a shallow roasting pan, in the center position of the oven. Roast uncovered for 30 minutes. Add olive oil coated carrots to the pan during the last 15 minutes of cooking. Use caution when opening oven! When meat thermometer registers 135, medium rare has been achieved. Remove from the oven and loosely cover with foil. Let the meat rest for 15 minutes. Slice against the grain and top steak with Chimichurri Sauce.
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Oven Fries

- 1 Lb. Yukon Gold Potatoes
- 4 Tbsps. olive oil
- 2 tsp. corn starch
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. cumin
- 1/2 tsp. Paprika

Arugula Salad

- 2 Tbsps. olive oil
- 2 Tbsps. freshly squeezed lemon juice
- 1/8 tsp. salt
- Freshly ground black pepper
- 5 ounces arugula

Oven Fries

1. Heat oven to 425 degrees. Combine all the dry seasonings together and set aside.
2. Cut the potatoes in to equal sized sticks
3. Soak Yukon Gold potatoes in cold water for 30 minutes to remove excess starch. After 30 minutes, drain the water, and dry the potatoes as well as you can..
4. In a bowl, toss potatoes with 2 Tbsps. olive oil and half the spice mixture.
5. Place the potatoes on a baking sheet lined with parchment paper and bake for 20-25 minutes, turning once.

Arugula Salad

1. Whisk the olive oil, lemon juice, salt, and a few grinds of black pepper together in a large bowl. Add the arugula and toss to combine. Serve immediately.

MEPD Shopping List

Produce:

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

Includes:

Spinach - 5 Ounces - Local, Organic - Greenshine Farm
Butternut Squash - 1 Piece - Local, Organic - Balsam Gardens Farm
Cauliflower - 1 Piece - CA, Organic - Crosset Organics
Baby Bok Choy - 1 Pound - Local, Organic - Rouse Brothers Farm
Red Bell Peppers - 1 Pound - Local, Organic - Patty's Farm
Easter Egg Radish - 1 Bunch - Local, Organic - Cottle Farm
Granny Smith Apples - 6 Pieces - Local, IPM - Parker Orchard
Arugula - 8 Ounces - Local, Organic - Cottle Farm
Mixed Green Salad Mix - 5 Ounces - Local, Organic - Greenshine Farm
Broccolini - 1 Bunch - CA, Organic - Crosset Organics

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Rosemary \\$2.99](#)

[Parsley \\$2.99](#)

[red onion \\$2.99](#)

Dairy:

[Three Graces Dairy Bee's Knees Goat Cheese \\$6.99](#)

Meat:

[First Hand Foods bacon \\$9.49](#)

[1 Lb. sustainable shrimp \\$16.95](#)

[1 Hickory Nut Gap Farm Tri-Tip Steak \\$9.99/Lb.](#)

Pantry:

[Honey \\$11.99](#)

[Bragg's Healthy Vinaigrette \\$6.95](#)

[Lundberg Jasmine Rice \\$6.99](#)

Prepared:

[Swamp Rabbit Cafe Summer Squash Risotto \\$12.99](#)

[Blue Dream Curry House "Green Dream" \\$7.99](#)

Total: \$144.28

Price Per Serving: \$7.21

Pantry

Oils/Fats:

Olive oil
Unsalted butter

Herbs/Spices:

Salt
Pepper
Fresh sage
Dried oregano
Cumin
paprika
Sesame seeds

Vinegar:

Balsamic vinegar
Red wine vinegar

Grocery:

chicken broth
Corn starch

