



*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 11-7-2017**

**Broccoli and Spinach Enchiladas**

**Chana Gobi Curry and Cucumber Raita**

**Four Cheese Manicotti and Mixed Green Lettuce Salad**

**Autumn Squash Soup, Kale Salad and Hasselback Apples**

**Sheet Pan Lemon Parmesan Garlic Chicken, Potatoes and Brussels Sprouts**

### **Broccoli and Spinach Enchiladas**

**GF, V**

#### **Ingredients:**

1 bunch of spinach, washed, stemmed and chopped  
 1 Tbsp. butter  
 2 yellow onions, chopped  
 2 cups Happy Cow Creamery 3 year aged cheddar cheese, grated  
 16 oz. Organic valley cottage cheese  
 1 Lb. broccoli (florets and stems, peeled), fine chopped  
 16 oz. Mountain Gringo Salsa  
 2 tsps. ground cumin  
 2 tsps. garlic salt  
 1 Lb. pack, Tortilleria Molina tortillas, thawed in refrigerator

#### **Instructions:**

1. Heat butter in 10" frypan over medium heat.
2. Add onion and cook until tender about 3 minutes. Stir in spinach.
3. Remove from heat and add 1/2 of the cheddar cheese, cottage cheese, broccoli, 1/3 salsa, cumin and garlic salt.
4. Spoon spinach mixture down the centre of each tortilla and roll up.
5. Place seam side down in lightly greased shallow baking pan.
6. Spoon remaining salsa and cheddar cheese over enchiladas.
7. Cover with foil and bake for about 25 minutes or until heated through.

### **Chana Gobi Curry and Cucumber Raita**

**GF, V**

#### **Ingredients:**

*Curry*  
 1 head cauliflower, washed and chopped  
 15 oz. Fig Chickpeas, drained

#### **Instructions:**

*Curry*

1. Add olive oil to large skillet or wok.
2. Add cauliflower to skillet and saute until tender

<p>1 pint Blue Dream Curry House “Midnight Masala” Curry Sauce Olive Oil</p> <p><i>Rice</i> 2 cups Lundberg Jasmine Rice 4 cups water Olive Oil Salt</p> <p><i>Raita</i> 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</p>	<ol style="list-style-type: none"> <li>3. Add drained chickpeas to skillet to warm</li> <li>4. Add Midnight Masala sauce to skillet. Bring to low boil, then reduce heat to simmer for 15 minutes.</li> <li>5. Serve curry over rice and top with Raita</li> </ol> <p><i>Rice</i></p> <ol style="list-style-type: none"> <li>1. Prepare rice per instructions on package.</li> </ol> <p><i>Raita</i></p> <ol style="list-style-type: none"> <li>1. Peel cucumber.</li> <li>2. Cut lengthwise into 1/4-inch strips, then into thin slices crosswise.</li> <li>3. Blot off moisture.</li> <li>4. Toast cumin seeds for a few seconds in a small, heavy frying pan over high heat.</li> <li>5. In a bowl, stir yogurt until it is smooth.</li> <li>6. Mix it with the cumin, garlic and cilantro leaves.</li> <li>7. Combine mixture with cucumber slivers, sprinkle with cayenne or paprika, and chill before serving.</li> </ol>
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### Four Cheese Manicotti and Mixed Green Lettuce Salad

#### V

<p><b>Ingredients:</b></p> <p><i>Manicotti</i> Rio Bertolini Four Cheese Manicotti</p> <p><i>Salad</i> Greenshine Farms Mixed Lettuce salad 1 cucumber, thinly sliced 1 large carrot, shredded</p> <p><i>Balsamic vinaigrette</i> 1 Tbsp. Balsamic vinegar 2 tps. Lusty Monk mustard 3 Tbsps. olive oil 1 garlic clove, minced Salt and pepper to taste</p>	<p><b>Instructions:</b></p> <p><i>Manicotti</i></p> <ol style="list-style-type: none"> <li>1. Prepare manicotti per directions on container</li> </ol> <p><i>Salad</i></p> <ol style="list-style-type: none"> <li>1. To serve: Combine mixed lettuce, cucumber, and carrot; drizzle with vinaigrette and toss to combine.</li> <li>2. For the vinaigrette: whisk vinegar, mustard, olive oil, garlic, salt and pepper.</li> </ol>
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## Autumn Squash Soup, Kale Salad and Hasselback Apples

**GF, DF. V**

### Ingredients:

#### *Soup*

Swamp Rabbit Cafe Autumn Squash Soup

#### *Salad*

1 bunch kale, washed, stemmed and torn

1 large garlic clove, minced

2 Tbsps. fresh lemon juice

4 Tbsps. olive oil

1/4 tsp. salt

1/4 tsp. ground black pepper

1/4 dried unsweetened cranberries, for garnish

#### *Apples*

6 Pink Lady apples, halved and cored

3/4 cup walnuts

2 Tbsps. local honey

1/4 cup rolled oats

1 tsp. cinnamon

2 Tbsps. coconut oil (not melted)

### Instructions:

#### *Soup*

1. Warm soup in 2 quart pan until heated through.
2. Ladle 1 cup into each serving bowl

#### *Salad*

1. Remove the stems from the kale and discard. (You can save them for smoothies if you are hardcore!) Finely chop the kale leaves (the smaller, the better).
2. Wash the kale and spin dry. Place dried kale into a large bowl.
3. For the dressing: In a mini food processor, process the garlic until minced. Now add the lemon, oil, salt, and pepper and process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons.
4. Fold in dried cranberries. Serve and enjoy!

#### *Apples*

1. Preheat oven to 400 degrees F.
2. Make thin slices in the apple halves, being careful not to slice all the way down.
3. In a food processor pulse together walnuts, honey, oats and cinnamon, until broken up into smaller pieces but not completely smooth. Transfer to a bowl.
4. Combine walnut oat mixture with coconut oil. Mixing until incorporated.
5. In a baking dish, place apples, cut side down and stuff walnut oat mixture in between the slices and top the apples and surrounding areas with the crumb mixture.
6. Bake for 20-25 minutes, or until apples are soft and crumb mixture has browned.
7. Serve and enjoy!

## Sheet Pan Lemon Parmesan Garlic Chicken, Potatoes and Brussels Sprouts

**GF\***

### Ingredients:

#### *Chicken*

1 large egg  
2 Tbsps. lemon juice  
2 tsps. minced garlic  
1/2 tsp. each salt and pepper, to season  
1/2 cup breadcrumbs\*  
1/3 cup Organic Valley grated parmesan cheese  
1 Lb. Queen B Farm chicken breasts

\*Use GF breadcrumbs

#### *Veggies*

1 Lb. Mixed Fall Potatoes, quartered  
1/2 cup butter, melted  
2 tsps. minced garlic  
salt to taste  
1 pound Brussels sprouts, halved

### Instructions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. Set aside.
2. In a large bowl, whisk together the egg, lemon juice, 2 teaspoons garlic, parsley, salt and pepper.
3. Dip chicken into egg mixture, cover and allow to marinate in the refrigerator for 30 minutes to an hour (if time allows).\*
4. In another bowl, combine the breadcrumbs with the parmesan cheese.
5. Dredge the egg coated chicken in the breadcrumb/parmesan mixture, lightly pressing to evenly coat.
6. Place chicken onto the baking sheet. Arrange the potatoes around the chicken in a single layer. Mix together the butter, 2 tsps. garlic and salt to taste, and pour half of the butter mixture over the potatoes. Toss to evenly coat.
7. Bake in preheated oven for 15 minutes.
8. Remove baking sheet from the oven and carefully flip each chicken breast. Move the potatoes to one side and place the green beans around the chicken on the other side of the baking sheet. Pour over the remaining garlic butter and return to the oven to broil (or grill) on medium-high heat for a further 10 minutes, or until chicken is golden and crisp, and potatoes are cooked through.

### MEPD Shopping List

#### Produce:

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

#### Includes:

Cauliflower – 1 Head – Local, Organic – New Sprout Farm  
Brussels Sprouts – 1 Pound – GA, IPM – Crosset Organics  
Cucumbers – 2 Pieces – Local, Organic – New Sprout Farm  
Mixed Green Lettuce – 5 Ounces – Local, Organic – Greenshine Farm  
Yellow Onions – 2 Pieces – GA, Organic – Crosset Organic  
Pink Lady Apples – 6 Pieces – Local, IPM – Parker Orchard  
Mixed Fall Potatoes – 1.25 Pounds – Local, Organic – R Farm  
Spinach – 1 Bunch – Local, Organic – R Farm  
Green Kale – 1 Bunch – Local, Organic – Thickety Farm  
Broccoli – 1 Pound – GA, Organic – Crosset Organics

### Pantry

#### Oils/Fats:

Olive oil  
Unsalted butter  
Coconut oil

#### Vinegar:

Balsamic vinegar

#### Herbs/Spices:

Salt  
Pepper  
Cinnamon

**Add-On Produce:**

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Cilantro \\$2.99](#)

**Meat:**

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

**Dairy:**

[Happy Cow Creamery 3 Year Cheddar Cheese \\$7.99](#)

[Organic Valley Cottage Cheese \\$7.99](#)

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

[1 dozen Balsam Garden Pastured Eggs \\$4.99](#)

[Organic Valley Grated Parmesan Cheese \\$6.99](#)

**Prepared:**

[1 Lb. Tortilleria Molina Tortillas \\$4.99](#)

[Blue Dream Curry House "Midnight Masala" Curry Sauce \\$7.99](#)

[Rio Bertolini Four Cheese Manicotti \\$11.99](#)

**Pantry:**

[Green Mountain Gringo Salsa \\$6.99](#)

[15 oz. Fig Foods Chickpeas \\$4.49](#)

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

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

**Total: \$145.34**

**Price Per Serving: \$7.26**

Ground Cumin  
Garlic salt  
Cayenne or Paprika

**Sweetener:**

Honey

**Nuts/Dried Fruit:**

Walnuts

Unsweetened cranberries

**Grains:**

Rolled oats

Breadcrumbs