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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 12-19-2017

Fennel-Crusted Pork Loin with Roasted Potatoes and Pears

Lemon Brussels Sprouts Pizza with Spinach Salad

Mandarin Glazed Salmon with Stir Fried Baby Bok Choy and Carrots

“Pisgah Panang” Curry with Broccoli and Yellow Squash

Rio Bertolini Four Cheese Manicotti and Mixed Lettuce Salad

Fennel-Crusted Pork Loin with Roasted Potatoes and Pears

GF, DF

Ingredients:

1 Tbsp. fennel seeds
 2 cloves garlic, minced
 4 Tbsps. olive oil
 Salt and pepper to taste
 2 Lbs. Hickory Nut Gap Farm boneless pork loin
 2 red onions, quartered
 1 Lb. Yukon Gold potatoes, quartered
 3 Red Anjou Pears, cored and quartered

Instructions:

1. Heat oven to 400° F.
2. Using the bottom of a heavy pan, crush the fennel seeds. In a small bowl, mix the seeds, the garlic, 2 Tbsps. of the oil, 1 tsp. salt, and 1/4 tsp. pepper. Rub the mixture over the pork, then place the pork in a large roasting pan.
3. In a bowl, mix the onions, potatoes, pears, 1 tsp. salt, 1/4 tsp. pepper, and the remaining oil. Scatter around the pork and roast until cooked through, about 70 minutes (internal temperature 160° F). Transfer the pork to a cutting board and let rest at least 5 minutes before slicing. Serve with the roasted fruit and vegetables.

Lemon Brussels Sprouts Pizza with Spinach Salad

GF*, V

Ingredients:

Pizza
 Rio Bertolini Pizza Dough ball, rolled out to cover cookie sheet*
 1 Tbsp. olive oil
 1 cup ricotta cheese
 8 oz Organic Valley Mozzarella Cheese (shredded)
 1 yellow onion
 1 pound Brussels sprouts
 ¼ cup walnuts
 1 lemon, zested and juiced

Instructions:

- Pizza*
1. **Preheat oven to 475 F.**
 2. Wash and dry the fresh produce.
 3. Peel, halve and thinly slice the onion. Cut off and discard the stem ends of the Brussels sprouts. Zest and juice lemon and set aside.
 4. In a medium pan, heat 1 tablespoon of olive oil on medium until hot. Add the onion. Cook, stirring occasionally, 8 to 10 minutes, or until lightly browned. Season with salt and pepper. While the onion is

<p>2 Tbsp dried Italian seasoning Salt and pepper</p> <p>*GF option: Eat More Bakery Pizza Crusts</p> <p><i>Spinach Salad</i> 1 bunch spinach, washed, dried and torn</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>caramelizing, combine the lemon juice, zest and ricotta cheese in a bowl. Season with salt and pepper. Set aside.</p> <p>5. Lightly oil a sheet pan. On a clean, dry work surface, using your hands, gently stretch the dough to a ¼-inch thickness. (If the dough is resistant, let rest for 5 minutes.) Carefully transfer to the oiled sheet pan; rub the dough into the pan to coat the bottom in oil. Evenly spread the lemon ricotta on the pizza crust, leaving a 1 inch border. Top with the mozzarella cheese , caramelized onion, walnuts and Brussels sprouts; season with salt and pepper and Italian seasoning. Bake, rotating the sheet pan halfway through, 16 to 18 minutes, or until the mozzarella cheese has melted and the crust is browned. Remove from the oven and let cool for 2 minutes before serving.</p> <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. For the vinaigrette: whisk vinegar, mustard, olive oil, garlic, salt and pepper. 2. Spread spinach on serving plate and drizzle vinaigrette over top.
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**Mandarin Glazed Salmon with Stir Fried Baby Bok Choy and Carrots
GF, DF**

<p>Ingredients:</p> <p><i>Salmon</i> 1 lb. wild-caught salmon salt zest and juice of 1 mandarin orange ¼ cup brown sugar 1 clove garlic, minced 1 Tbsp. fresh ginger, minced ½ Tbsp. Sriracha hot sauce 2 Tbsps. soy sauce (or GF Tamari) ½ Tbsp. rice wine vinegar</p> <p><i>Stir Fry</i> 2 Tbsps. olive oil 1 Tbsp. minced garlic 1 Tbsp. minced peeled fresh ginger 1 Lb. baby bok choy, cut crosswise into 1-inch-wide ribbons 1 Lb. carrots, peeled, shaved into ribbons (reserve 2 carrots for mixed lettuce salad for meal #5) Salt to taste</p>	<p>Instructions:</p> <p><i>Salmon</i></p> <ol style="list-style-type: none"> 1. Season both sides of the salmon with salt. 2. Place skin-side down on a rimmed baking sheet. Arrange top oven rack close to the broiler. 3. Mix all remaining ingredients in a small pot. Heat on stove top, whisking constantly, until sugar has melted and sauce is slightly thickened (about 3-4 minutes). 4. Brush some of the glaze on the top of the salmon. 5. Broil salmon for 8-10 minutes, removing to brush more glaze on top every two minutes, until it flakes easily with a fork and glaze has developed a thick layer on top. <p><i>Stir Fry</i></p> <ol style="list-style-type: none"> 1. In a large wok, heat the oil over medium heat. Add the garlic and ginger and sauté for 30 seconds, or until fragrant and tender. 2. Add the bok choy and carrots and stir for 5 to 10 minutes, or until the green parts of the bok choy have wilted and the white parts are crisp-tender. Season to taste with salt. 3. Divide the vegetables evenly among 4 plates and serve with salmon.
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"Pisgah Panang" Curry with Broccoli and Yellow Squash

GF, DF, V

Ingredients:

1 pint Blue Dream Curry House "Pisgah Panang" Curry Sauce
2 Tbsps. Olive oil
1 Lb. broccoli, washed and chopped into bite sized pcs.
1 Lb. yellow squash, washed and diced
2 cups Jasmine Rice, prepared per instructions

Instructions:

1. Prepare Jasmine rice per instructions
2. In a large saute pan, heat olive oil over medium high heat.
3. Saute broccoli and squash until vegetables are tender
4. Add Pisgah Panang Curry sauce to pan, and simmer for 10-15 minutes
5. Serve curry over rice

Rio Bertolini Four Cheese Manicotti and Mixed Lettuce Salad

V

Ingredients:

Manicotti

Rio Bertolini Four Cheese Manicotti

Salad

Greenshine Farms Mixed Lettuce salad

1 cucumber, thinly sliced

2 large carrots, shredded

Balsamic vinaigrette

1 Tbsp. Balsamic vinegar

2 tps. Lusty Monk mustard

3 Tbsps. olive oil

1 garlic clove, minced

Salt and pepper to taste

Instructions:

Manicotti

1. Prepare manicotti per directions on container

Salad

1. To serve: Combine mixed lettuce, cucumber, and carrots; drizzle with vinaigrette and toss to combine.
2. For the vinaigrette: whisk vinegar, mustard, olive oil, garlic, salt and pepper.

MEPD Shopping List

Produce:

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

Includes:

Broccoli – 1 Bunch – Local, Organic
Brussels Sprouts – 1 Pound – GA, IPM
Mandarins – 2 Pounds – FL, Organic
Spinach – 1 Bunch – Local, Organic
Yellow Squash – 1 Pound – FL, Organic
Yukon Gold Potatoes – 2.5 Pounds – GA, Organic
Red Anjou Pears – 3 Pieces – WA, Organic
Carrots – 1 Pound – Local, Organic
Baby Bok Choy – 1 Pound – Local, Organic

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Red Onions \\$2.99](#)

[Yellow onions \\$2.99](#)

[Ginger \\$3.99](#)

Meat:

[2 Lbs. Hickory Nut Gap Farm Boneless Pork Loin \\$7.99/Lb.](#)

[1 Lb. Wild-Caught Salmon \\$14.99](#)

Dairy:

[1 bag shredded mozzarella cheese \\$5.99](#)

[Parmesan Cheese \\$6.99](#)

Prepared:

[1 Rio Bertolini NY Style Pizza Crusts \\$2.99](#)

[1 pint Blue Dream Curry House “Pisgah Panang” Curry](#)

[Sauce \\$7.99](#)

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

Pantry:

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

[Jasmine Rice \\$6.99](#)

Total: \$127.86

Price Per Serving: \$6.39

Pantry

Oils/Fats:

Olive oil
Unsalted butter

Vinegar:

Balsamic Vinegar
Rice wine vinegar

Herbs/Spices:

Salt
Pepper
Fennel seeds
Italian seasoning

Condiments:

Sriracha
Soy sauce

Sweeteners:

Honey
Brown sugar

Dairy:

Ricotta Cheese