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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 12-26-2017

**Lemon Parsley Baked Cod, Parmesan Roasted Cauliflower and Garlicky Green Beans
Quinoa Stuffed Bell Peppers with Roasted Zucchini
Sweet Potato Curry with Spinach and Chickpeas
Honey Glazed Chicken and Mandarin Cucumber Salad
Pasta with Collard Greens**

Lemon Parsley Baked Cod, Parmesan Roasted Cauliflower and Garlicky Green Beans GF

Ingredients:

Cod

3 Tbsps. lemon juice
3 Tbsps. butter, melted
1/4 cup all-purpose flour*
1/2 tsp. salt
1/4 tsp. paprika
1/4 tsp. ground black pepper
2 Lbs. cod fillets, (4 pcs.)
2 Tbsps. minced fresh parsley
2 tsps. grated lemon peel

*GF Option: Use GF all-purpose flour

Cauliflower

1 head cauliflower
1 sliced yellow onion
4 thyme sprigs
4 unpeeled garlic cloves
3 Tbsps. olive oil
Salt and pepper to taste
1/2 cup grated Parmesan

Garlicky Green Beans

1 pound fresh green beans, trimmed and snapped in half
3 Tbsp. butter
3 cloves garlic, minced
2 pinches pepper

Instructions:

Cod

1. Preheat oven to 400°.
2. In a shallow bowl, mix lemon juice and butter.
3. In a separate shallow bowl, mix flour and seasonings.
4. Dip fillets in lemon juice mixture, then in flour mixture to coat both sides; shake off excess.
5. Place in a 13x9-in. baking dish coated with cooking spray.
6. Drizzle with remaining lemon juice mixture. Bake 12-15 minutes or until fish just begins to flake easily with a fork. Mix parsley and lemon peel; sprinkle over fish.

Cauliflower

1. Preheat oven to 400°F.
2. Cut 1 head cauliflower into florets; toss on a large rimmed baking sheet with 1 sliced medium onion, 4 thyme sprigs, 4 unpeeled garlic cloves, and 3 tablespoons olive oil; season salt and pepper.
3. Roast, tossing occasionally, until almost tender, 35-40 minutes. Sprinkle with 1/2 cup grated Parmesan, toss to combine, and roast until cauliflower is tender, 10-12 minutes longer.

*Add fish to oven 2/3rds of the way through cauliflower cook time

Garlicky Green Beans

1. Place green beans into a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.

salt to taste	<ol style="list-style-type: none"> 3. Add butter to green beans; cook and stir until butter is melted, 2 to 3 minutes. 4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with pepper and salt
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Quinoa Stuffed Bell Peppers with Roasted Zucchini
GF, V

<p>Ingredients:</p> <p><i>Stuffed Peppers</i></p> <p>1 cup quinoa 6 Tbsps. olive oil 4 cloves of garlic, minced 1 jalapeno, seeds removed and chopped 1/2 sweet yellow onion, chopped 1 tsp. cumin 1/2 cup tomato sauce 1 3/4 cups vegetable broth 1 cup shredded Happy Cow Creamery 3 Year Aged Cheddar 4 bell peppers</p> <p><i>Roasted Zucchini</i></p> <p>1 pound zucchini, cut into 1/2-inch pieces 3 Tbsps. olive oil salt and pepper to taste</p>	<p>Instructions:</p> <p><i>Stuffed Peppers</i></p> <ol style="list-style-type: none"> 1. In a medium size pot heat 2 Tbsps. olive oil over medium heat. 2. Saute the garlic, jalapeno and onion until the onions begin to soften (about 2 minutes). 3. Rinse the quinoa. Add the quinoa to the hot pot. Cook for one minute. Pour in the vegetable broth and tomato sauce, season with cumin. 4. Cover the pot, reduce the heat to a simmer and cook for 15 minutes. 5. Preheat the oven to 400°F. Cut the bell peppers in half and remove the seeds. Rub the peppers with 4 Tbsps. olive oil. Bake for 10-12 minutes. 6. Once the quinoa is cooked and the peppers have softened fill each pepper with the quinoa mixture. Bake at 10-12 minutes. During the last two minutes of cooking add the cheese to the tops of the peppers. <p><i>Roasted Zucchini</i></p> <ol style="list-style-type: none"> 1. Heat oven to 400° F. 2. Toss the zucchini, oil, and ½ teaspoon each salt and pepper on a rimmed baking sheet. 3. Roast until tender, 8 to 10 minutes.
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Sweet Potato Curry with Spinach and Chickpeas
GF, DF, V

Ingredients:

½ sweet yellow onion, chopped
2 tsps. olive oil
2 Tbsps. yellow curry powder
1 Tbsp. cumin
1 tsp. cinnamon
1 bunch fresh spinach, washed, stemmed and coarsely chopped
2 sweet potatoes, peeled and diced
15 oz Fig chickpeas, rinsed and drained
1/2 cup water
15 oz. can diced tomatoes
¼ cup chopped fresh cilantro, for garnish
2 cups Lundberg brown rice, for serving

Instructions:

1. Prepare 2 cups of brown rice per instructions.
2. Preheat oven to 400 degrees. Line baking sheet with parchment paper, and spread sweet potatoes. Bake for 20 minutes until tender.
3. While sweet potatoes cook, heat 1-2 tsp. of olive oil over medium heat.
4. Add onions and sauté 2-3 minutes, or until they begin to soften.
5. Next, add the curry powder, cumin, and cinnamon, and stir to coat the onions evenly with spices.
6. Add tomatoes with their juices, and the chickpeas, stir to combine.
7. Add ½ cup water and raise heat up to a strong simmer for about a minute or two.
8. Next, add the fresh spinach, a couple handfuls at a time, stirring to coat with cooking liquid.
9. When all the spinach is added to the pan, cover and simmer until just wilted, about 3 minutes.
10. Add the cooked sweet potatoes to the liquid, and stir to coat.
11. Simmer for another 3-5 minutes, or until flavors are well combined.
12. Transfer to serving dish, toss with fresh cilantro, and serve hot.
13. Serve over brown rice.

Honey Glazed Chicken and Mandarin Cucumber Salad

GF, DF

Ingredients:

Chicken

1 Queen B whole chicken, thawed
1 cup lemon juice
1 Tbsp. olive oil
Salt and pepper to taste
A few sprigs of fresh thyme
1/2 fresh lemon, cut into wedges
1/4 cup honey, gently warmed to assist in brushing

Salad

Honey Lemon Dressing

¼ cup olive oil
1 Tbsp. fresh lemon zest
1 Tbsp. lemon juice
2 tsps. Honey

Salad

3 Mandarin oranges, peeled and cut into segments
2 cucumbers
Handful of fresh mint, loosely packed

Instructions:

Chicken

1. Rub the chicken with about two tsps. salt, all around the surface of the chicken. Place the lemon juice and the whole chicken in a resealable plastic bag (like a large freezer bag). Seal the bag and move the lemon juice around so that it coats the chicken. Place the bagged chicken in a bowl, so that if the bag leaks, it won't leak all over your fridge, and chill for 2 hours or overnight. Turn the chicken occasionally so that all sides stay coated with the lemon juice.
2. Preheat oven to 400°F with an oven rack set in the bottom third of the oven. Remove the chicken from the refrigerator and take it out of the marinade bag (discard the marinade). Rub olive oil all over the exterior of the chicken. Sprinkle all over with salt and pepper, including the cavity. Place thyme sprigs and lemon wedges into the cavity.
3. Place the chicken on a rack over a shallow roasting pan. Roast for 20 minutes at 400°F, then lower the heat to 350°F. Roast for another 45 minutes.
4. While the chicken is roasting, heat the honey in a small saucepan to make it easier to brush.
5. After the chicken has roasted at 350°F for 45 minutes, use a pastry brush to generously brush the top and sides of the chicken all over with honey. Roast for another 10 to 15 minutes at 350°F until an instant read thermometer reads 160°F for the breast. Honey will burn if it gets too hot, so watch the chicken at this stage. If the skin is getting too dark and the chicken still isn't done, loosely tent the chicken with a piece of aluminum foil. Brush the chicken with honey one more time before taking it out of the oven.
6. Remove the chicken from the oven and tent with foil to rest for 15 minutes.
7. Transfer the chicken to a cutting board or serving platter.

Rio Bertolini Rosemary Garlic Gnocchi with Collard Greens

V

Ingredients:

1 bunch collard greens, , stripped from thick stems, washed, dried and coarsely chopped
2 oz. sliced bacon, finely diced

Instructions:

1. Bring 2 cups lightly salted water to a boil in a large wide pan. Add collards and cook until tender, 10

<p>2 tsps. olive oil 1 sweet yellow onion, chopped 2 cloves garlic, minced ½ tsp. crushed red pepper 1 28-ounce can diced tomatoes, (not drained) ¼ cup water 1 Lb. Rio Bertolini Rosemary and Garlic Gnocchi ¼ teaspoon salt pepper, to taste ½ cup grated Organic Valley Parmesan cheese</p>	<p>to 12 minutes. Drain, rinse with cold water and press out excess moisture. Set aside.</p> <ol style="list-style-type: none"> 2. Cook bacon in a large nonstick skillet over medium heat, stirring often, until golden, 5 minutes. Drain; discard fat. 3. Add oil to the pan and heat over medium heat. Add onion and cook, stirring often, until softened, 3 to 5 minutes. Add garlic and crushed red pepper; cook, stirring, for 30 to 60 seconds. Add the bacon, tomatoes and water; bring to a simmer, mashing the tomatoes with a potato masher or the side of a wooden spoon. Reduce heat to medium-low and simmer, uncovered, until thickened, about 20 minutes. 4. About 10 minutes before the sauce is ready, prepare gnocchi per instructions 5. Add the pasta, collards and reserved pasta-cooking water to the tomato sauce. Heat, stirring, until the pasta has absorbed some of the flavors, about 1 minute. Season with salt and pepper. Spoon into pasta bowls, sprinkle with cheese and serve.
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<p>MEPD Shopping List Produce: Medium Sized Bin \$38 Includes: Cauliflower – 1 Head – GA, Organic Cucumbers – 2 Pieces – FL, Organic Green Bell Peppers – 2 Pieces – FL, Organic Spinach – 1 Bunch – Local, Organic Collard Greens – 1 Bunch – Local, Organic Sweet Potatoes – 4 Pieces – Local, Organic Mandarins – 2 Pounds – FL, Organic Green Beans – 1 Pound – FL, Organic Zucchini – 1 Pound – FL, Organic</p> <p>Add-On Produce: Garlic \$2.99 Lemons \$2.99 Parsley \$2.99 Sweet yellow onions \$2.99 Thyme \$2.99 Green bell peppers \$3.99 Cilantro \$2.99</p> <p>Meat: Whole chicken \$4.99/Lb Hickory Nut Gap Farm Bacon \$9.99</p> <p>Dairy: Organic Valley Grated Parmesan Cheese \$6.99 Happy Cow Creamery 3 Year Aged Cheddar \$7.99</p>	<p>Pantry</p> <p>Oils/Fats: Olive oil Unsalted butter</p> <p>Herbs/Spices: Salt Pepper paprika Cumin Yellow curry powder Cinnamon Crushed red pepper</p> <p>Sweetener: Honey</p> <p>Grocery: All purpose flour Vegetable broth Tomato sauce 15 oz. can diced tomatoes 1 28-ounce can diced tomatoes</p> <p>Produce: Jalapeno Mint</p>
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Prepared:

[Rio Bertolini Rosemary and Garlic Gnocchi \\$7.99](#)

Pantry:

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

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

[Alter Eco Quinoa \\$8.99](#)

Total: \$118.35

Price Per Serving: \$5.92