

**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 2-20-2018

Sweet Potato Buddha Bowl

Sausage and Broccoli Raab Frittata with Roasted Yellow Squash

Roasted Turnip, Arugula, and Goat Cheese Salad with Citrus Vinaigrette

Blue Dream Curry House "Mellow Yellow" Curry with Cauliflower and Zucchini

Local Taco Night

Sweet Potato Buddha Bowl

GF, DF, V

Ingredients:

4 cup cooked quinoa
4 sweet potatoes peeled and cut into 1/2 inch pieces
1 Tbsp. olive oil
salt and pepper to taste
15 oz. chickpeas rinsed and drained
1 bunch spinach leaves, washed, dried, stemmed and torn
1/4 cup roasted cashews
1 avocado peeled, pitted and thinly sliced
1/4 cup tahini
1 Tbsp. lemon juice
2 tsps. maple syrup

Instructions:

1. Preheat the oven to 400 degrees. Line a sheet pan with parchment paper.
2. Place the chickpeas on one side of the pan and the sweet potatoes on the other side of the pan in a single layer.
3. Drizzle the olive oil over the sweet potatoes and chickpeas and season to taste with salt and pepper.
4. Bake for 25 minutes, or until sweet potatoes are tender and chickpeas are browned and crispy.
5. Divide the quinoa evenly between 4 bowls.
6. Divide the sweet potatoes, chickpeas, spinach, cashews and avocado evenly between the 4 bowls, arranging on top of the quinoa.
7. In a small bowl whisk together the tahini, lemon juice, maple syrup and salt and pepper to taste.
8. Drizzle the tahini dressing over the Buddha bowls and serve immediately.

Sausage and Broccoli Raab Frittata with Roasted Yellow Squash

GF

Ingredients:

1 dozen Queen B Pastured eggs
½ cup grass fed half & half
¾ cup Happy Cow Creamery 3 year Aged Cheddar, grated and divided
Salt and black pepper
2 Tbsps. olive oil
½ medium onion, chopped
½ pounds Hickory Nut Gap Farm Breakfast sausage
1 bunch broccoli rabe, coarsely chopped

Roasted Yellow Squash

1 Lb. Yellow Squash, cut into large chunks
2 Tbsps. olive oil (plus extra for greasing pan)
1 tsp. garlic powder
1 tps. salt
1 tsp. ground black pepper

Instructions:

Frittata

1. Preheat broiler. Whisk eggs and half & half in a medium bowl. Mix in ½ cup cheddar; season with salt and pepper and set aside.
2. Heat oil in a large skillet, preferably cast-iron, over medium heat. Add onion and sausage and cook, stirring occasionally, until onion is softened and sausage is brown, 6–8 minutes. Add broccoli rabe; season with salt and pepper and cook, stirring occasionally, until tender, 8–10 minutes longer.
3. Reduce heat to low and pour reserved egg mixture over vegetables. Cook, shaking pan occasionally, until edges are just set, 10–12 minutes. Top frittata with remaining ¼ cup cheddar; broil until top is golden brown and center is set, about 4 minutes longer.
4. Cut frittata into wedges and serve warm or room temperature.

Squash

1. Preheat oven to 450.
2. Grease roasting pan with olive oil.
3. Chop yellow squash and put into large bowl.
4. Drizzle olive oil over squash. Mix with a large spoon until squash is evenly coated.
5. Pour squash into roasting pan and spread it out until it evenly covers the pan.
6. Bake 15 to 20 minutes, stirring once until cooked through.

Roasted Turnip, Arugula, and Goat Cheese Salad with Citrus Vinaigrette

GF, V

Ingredients:

Salad

1 Lb. Turnips, cubed
1 tsp. olive oil
salt and pepper to taste
5 oz. arugula greens
2 oz. Three Graces Dairy Goat Cheese, crumbled
1 pint mixed color cherry tomatoes, halved

Vinaigrette

1/2 Navel Orange, juiced
3 Tbsps. olive oil
salt and pepper to taste

Instructions:

1. Heat oven to 375. Wash and dry turnips, then cut into roughly 1 inch cubes. Toss in a bowl with olive oil, salt and pepper. Place on a foil-lined pan and bake uncovered for 30 minutes, or until they become golden brown and are cooked through.
2. In a serving bowl, combine roasted turnips, arugula, and tomatoes. In a small mason jar, combine orange juice, olive oil, salt and pepper. Seal lid tightly, and shake vigorously to emulsify. Toss salad with dressing, then finish with goat cheese. Serve immediately.

Blue Dream Curry House "Mellow Yellow" Curry with Cauliflower and Zucchini
GF, DF, V

Ingredients:

1 pint Mellow Yellow Curry Sauce
2 Tbsps. olive oil
1 head cauliflower, chopped into bite sized pieces
1 Lb. zucchini, and chopped into bite sized pieces
2 cups Jasmine Rice

Instructions:

1. Prepare Jasmine Rice per instructions
2. In a large skillet or wok, heat olive oil over medium heat. Add cauliflower and zucchini and cook for 7-9 minutes. Pour over yellow curry sauce. Simmer for 15-20 minutes.
3. Serve with Jasmine Rice

Local Taco Night
GF

Ingredients:

Tacos
Hickory Nut Gap Grass-Fed Beef - 1 Pound
Frontera Taco Skillet Sauce - 8 Ounces
Local Corn Tortillas from Tortilleria Molina - 16 Count
Yellow Organic Onion - 1 Piece
Local/Organic Lettuce - 1 Head
Local/Grass-fed Cheddar Cheese - 1 Block
Medium Local/Organic Green Mountain Gringo Salsa - 16 Ounces

Instructions:

- Tacos*
1. Thaw beef and tortillas. Chop onion, lettuce and tomato. Shred cheddar cheese, and set aside.
 2. Prepare skillet with olive oil over medium high heat. Brown beef, onion and skillet sauce. Simmer per instructions.
 3. Assemble tacos with tortillas, seasoned beef, lettuce, tomato, cheddar cheese and salsa.

MEPD Shopping List

Produce:

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

Includes:

Broccoli Raab - 1 Bunch - Local, Organic - Uncle Henry Farm
Spinach - 8 Ounces - Local, Organic - Uncle Henry Farm
Blueberry - 6 Ounces - CA, Organic - Crosset Organic
Cauliflower - 1 Head - CA, Organic - Freshpoint Organic
Sweet Potato - 4 Pieces - Local, Organic - Triple J Farm
Zucchini - 1 Pound - FL, Organic - Santa Sweet Farm
Yellow Onion - 2 Pieces - GA, Organic - Crosset Organics
Navel Orange - 1 Pound - FL, Organic - Crosset Organic
Yellow Squash - 1 Pound - FL, Organic - Santa Sweet Farm
Turnips - 1 Pound - Local, Organic - New Sprout Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemon \\$3.99](#)

[2 avocados \\$4.99](#)

[Arugula \\$4.99](#)

[Mixed color tomatoes \\$4.99](#)

Eggs/Dairy:

[Queen B Pastured Eggs \\$5.99](#)

[Grass-fed half & half \\$3.25](#)

[Happy Cow Creamery 3 year Aged Cheddar \\$5.99](#)

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

Meat/Protein:

[Hickory Nut Gap Farm Breakfast Sausage \\$5.99](#)

Prepared:

[Blue Dream Curry House "Mellow Yellow" Curry Sauce
\\$6.99](#)

[Local Taco Night \\$29.99](#)

Pantry:

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

[Quinoa \\$8.99](#)

[Fig Chickpeas \\$4.49](#)

Total: \$145.61

Price Per Serving: \$7.28 (MEPD)

Pantry (Items outside of MEPD)

Oils/Fats:

Olive oil

Herbs/Spices:

Salt

Pepper

Garlic powder

Condiments/Sweeteners:

Maple Syrup

Grocery:

Tamari or Soy sauce

Tahini

Nuts/Seeds:

Cashews

