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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 2-27-2018

Broccoli Agrodolce with Butternut Squash Polenta

Green Dream Curry with Green Beans and Potatoes

Appalachian Lentil Soup and Roots and Branches Crackers

Ricotta Gnocchi with Peperonata with Red Leaf Lettuce Salad

Roasted Salmon & Massaged Kale Salad with Blueberry & Avocado

Broccoli Agrodolce with Butternut Squash Polenta

GF, V

Ingredients:

Agrodolce (Italian sweet and sour sauce)

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

Broccoli

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

Polenta

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

Instructions:

Agrodolce

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 meat, chicken, fish or vegetables.

Broccoli

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 broccoli, salt and pepper and toss with the olive oil and garlic until the broccoli turns bright green and becomes tender.
4. Remove from the skillet and serve with agrodolce sauce, atop butternut squash polenta

Polenta

1. Bake the polenta per instructions

Green Dream Curry with Green Beans and Potatoes

GF, DF, V

Ingredients:

1 pint Blue Dream Curry House Green Dream Curry
1 Lb. green beans, washed and trimmed
1 Lb. Yukon Gold potatoes, washed and chopped into bite sized pieces
2 cups Jasmine Rice, prepared per instructions

Instructions:

1. Prepare rice per instructions
2. Prepare vegetables and place into oiled skillet on medium heat. When vegetables 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.

Appalachian Lentil Soup and Roots and Branches Crackers

V

Ingredients:

Appalachian Lentil Soup Packet
1 quart stock of choice
Roots and Branches Crackers
Three Graces Dairy Garlic and Herb Goat Cheese

Instructions:

1. Add contents of bag to 1 pint of cups of boiling water. Lower heat and let simmer for at least a half hour or until beans soften, stirring occasionally.
2. Serve soup with crackers and goat cheese.

Ricotta Gnocchi with Peperonata with Red Leaf Lettuce Salad

V

Ingredients:

Peperonata

1/4 cup olive oil
4 Green Bell Peppers, sliced
2 yellow onions, sliced
2 slicer tomatoes
2 tsp. dry oregano
1/2 tsp. salt
4 cloves of garlic, minced
2 Tbsp. red wine vinegar

Ricotta Gnocchi

1 Lb. Rio Bertolini Ricotta Gnocchi

Red Leaf Lettuce Salad

1 head Red Lettuce
Bragg's Healthy Vinaigrette
Salt and pepper to taste

Instructions:

Peperonata

1. In a dutch oven heat the oil over medium heat. Add the onions and peppers, cover and cook for 20 minutes, stirring occasionally.
2. Remove the lid and turn down the heat to medium-low. Stir in the tomato paste salt, and oregano, cook 15 minutes uncovered, stirring occasionally.
3. Stir in the garlic and red wine vinegar, cook while stirring for 1 more minute.
4. Serve Peperonata over the pasta. Enjoy!

Ricotta Gnocchi

1. Prepare gnocchi per instructions. Drain and set aside.

Red Leaf Lettuce Salad

1. Add mixed lettuce greens to serving bowl.
2. Drizzle with Bragg's Healthy Vinaigrette
3. Season with salt and pepper to taste

Roasted Salmon & Massaged Kale Salad with Blueberry & Avocado

GF, DF

Ingredients:

Ingredients:

Salmon

2 Lbs. Wild-caught Salmon

3 Tbsp. olive oil

Salt and pepper

Lemon wheels to cover salmon

Salad

1 bunch of kale, washed, dried and torn

2 avocados

2 Tbsp. lemon juice

1 pint blueberries

Salt and pepper to taste

Instructions:

Salmon

1. Preheat oven to 425°F.
2. Rub salmon all over with 1 teaspoon oil and season with salt and pepper, and cover with lemon wheels. Roast, skin side down, on a foil-lined baking sheet in upper third of oven until fish is just cooked through, about 12 minutes.

Salad

1. Peel avocados and mash in a bowl.
2. Add in cup fulls of kale at a time, massaging the leaves and squishing the avocado along with the leaves.
3. Add in lemon juice, pepper, and a pinch of salt. Mix again.
4. Add in the blueberries, mix and serve.

MEPD Shopping List

Produce:

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

Includes:

Green Kale - 1 Bunch - FL, Organic - Lady Moon Farm
Blueberries - 6 Ounces - CA, Organic - Crosset Organics
Red Leaf Lettuce - 1 Head - FL, Organic - Lady Moon Farm
Green Beans - 1 Pound - FL, Organic - Crosset Organics
Slider Tomatoes - 2 Pieces - FL, Organic - Lady Moon Farm
Broccoli - 1 Pound - GA, Organic - Freshpoint Organic
Green Bell Peppers - 2 Pieces - FL, Organic - Lady Moon Farm
Yukon Gold Potatoes - 2.5 Pounds - GA, Organic - Crosset Organics
Organics
Yellow Sweet Onion - 2 Pieces - GA, Organic - Crosset Organics
Avocados - 2 Pieces - MX, Organic - Crosset Organics

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Rosemary \\$2.99](#)

[Spring onions \\$2.99](#)

[2 green bell peppers \\$3.99](#)

Dairy:

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

Meat:

[2 Lbs. Wild-Caught Salmon \\$29.98](#)

Prepared:

[Rio Bertolini Ricotta Gnocchi \\$7.99](#)

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

[Swamp Rabbit Cafe Butternut Squash Polenta \\$9.99](#)

Pantry:

[Local honey \\$11.99](#)

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

[Appalachian Lentil Soup \\$5.99](#)

[Roots and Branches Crackers \\$4.99](#)

[Bragg's Healthy Vinaigrette \\$6.49](#)

Total: \$153.34

Price Per Serving: \$7.67

Pantry

Oils/Fats:

Olive oil
Unsalted butter

Vinegar:

Balsamic vinegar
Red wine vinegar

Herbs/Spices:

Salt
Pepper
Red chili flakes
oregano