



***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 2-6-2018

**Charcuterie with Marinated Celery Salad with Chickpeas and Parmesan
 Sheet Pan Roasted Pastured Queen B Chicken, Sweet Potatoes and Broccoli
 NC Wild-Caught Sustainably Harvested Shrimp Scampi and Grilled Romaine
 Ginger Miso Hempeh Sandwiches & Kale & Blueberry Salad with Citrus & Honey
 Local Blue Dream "Pisgah Panang" Curry Dinner**

Charcuterie with Marinated Celery Salad with Chickpeas and Parmesan GF

Ingredients:

Charcuterie

8 oz. Hickory Nut Gap Farm Salami, sliced thin on a bias
 Roots and Branches Olive Oil Crackers*
 Lusty Monk Mustard
 Happy Cow Creamery 3 Year Aged Cheddar

*GF- Substitute with GF crackers of choice

Celery Salad

3 Tbsps. Apple Cider Vinegar
 1 Tbsp. Lusty Monk Mustard
 1 tsp maple syrup
 Salt and pepper to taste
 2 cloves garlic, smashed
 ½ cup olive oil, more as needed
 15 oz bag Fig Chickpeas
 1 bunch celery stalks, trimmed (reserve the leaves) and cut into large julienne

Instructions:

Charcuterie

1. Slice salami and cheese into thin pieces and arrange on cutting board. Add crackers and bowl of mustard to board and serve

Celery Salad

1. In a large bowl, whisk together vinegar, mustard, maple syrup and a large pinch each of salt and pepper. Drop in garlic cloves, stir, and set aside 15 to 30 minutes to let the flavor infuse.
2. Gradually whisk in oil; dressing will emulsify. Mix in chickpeas, celery and scallions. Cover and refrigerate at least 2 hours or overnight.
3. Remove garlic cloves from dressing. Taste and adjust the seasonings with salt, pepper, vinegar and olive oil. Set aside to come to cool room temperature.
4. Just before serving, mix celery leaves and basil into the salad. In a serving bowl, place a layer of greens, if using, in the bottom. Add celery mixture, then top with cheese and more black pepper.

Sheet Pan Roasted Pastured Queen B Chicken, Sweet Potatoes and Broccoli

GF, DF

Ingredients:

Steak

1 Lb. Pastured Queen B chicken legs
4 medium sweet potatoes (cut into 1-inch chunks)
4 Tbsps. Olive oil
Salt and pepper to taste
2 Tbsps. soy sauce*
2 Tbsps. lemon juice
2 Tbsps. honey
1 tps. cayenne pepper
1 large head of broccoli, cut into bite sized pcs.

*Use GF Tamari

Instructions:

1. Add a large sheet pan to the oven and preheat to 425 F.
2. Drizzle the chicken and sweet potatoes with 2/3 of the oil and rub to coat evenly. Season well with salt and pepper.
3. Remove the hot pan from the oven. Add the chicken, skin-side down, and add the sweet potatoes scattered around the chicken. Return the pan to the oven and roast for 20 minutes.
4. Meanwhile, make the sauce. In a small bowl, add the soy sauce, lemon juice, honey and cayenne pepper. Whisk together.
5. Cut the head of the broccoli into florets. Peel peel the stalk and cut it into 1/2-inch slices. Drizzle the broccoli with the remaining oil and rub to coat evenly. Season with salt and pepper.
6. Remove the pan from the oven and brush the chicken and potatoes with the sauce. Flip the chicken and potatoes and brush the other side. Add the broccoli scattered around in a single layer. Brush with the remaining sauce and return to the oven.
7. Roast for about 15 more minutes, or until the chicken registers 165 F in the thickest parts, and the vegetables are tender. Serve.

NC Wild-Caught Sustainably Harvested Shrimp Scampi and Grilled Romaine

GF*

Ingredients:

1 Lb. NC Wild-caught sustainably harvested shrimp
2 garlic cloves, minced
4 Tbsps. olive oil
2 cups diced tomatoes
1 cup crumbled Feta
juice of 1 lemon
4 tsps. fresh chopped dill (1.5 tsps dried)
dash of salt & ground black pepper
2 packages Rio Bertolini Herbed Linguine*

*Use Tinkyada Penne for GF option

Salad

1 head romaine lettuce
1 tablespoon of olive oil
salt and ground black pepper to taste
Parmesan cheese

Instructions:

Scampi

1. Shell and devein the shrimp, if necessary, then rinse and set aside.
2. Have all the ingredients prepared and at hand before beginning to saute. Prepare pasta per instructions and set aside.
3. Saute the garlic in the oil briefly, then add the shrimp. Cook on medium heat for a minute. Add the tomatoes, feta, lemon juice, and dill. Stir so that the shrimp cook on both sides.
4. When the shrimp are pink and the tomatoes and feta have made a sauce, it's ready. Sprinkle with salt and pepper to taste and toss with herbed linguine.

Romaine

1. Slice romaine in half, lengthwise.
2. Drizzle with olive oil on the cut side and season with salt and ground black pepper to taste.

3. Place lettuce on a baking sheet and broil for 3-5 minutes, or until the desired charred is reached.
4. Serve with parmesan cheese

Ginger Miso Hemepeh Sandwiches & Kale & Blueberry Salad with Citrus & Honey **GF*, DF, V**

Ingredients:

Hemepeh

- 1 pack Smiling Hara Hemepeh Ginger Miso Tempeh
- Olive oil
- 2 avocados
- Alfalfa/Radish Sprouts
- 1 cucumber, sliced
- 1 loaf Rhu Bakery Ciabatta bread*

*GF: Use Eat More Bakery Seeded Grain Sandwich Rolls

Salad

- 1 bunch kale
- 2 Tbsps. honey
- 4 Minneola Tangelos
- 1 pint blueberries
- 1/3 cup walnuts, toasted
- 4 Tbsps. olive oil
- salt and pepper, to taste

Instructions:

Hemepeh

1. Heat oil in skillet over medium high heat. Prepare tempeh per instructions.
2. Slice ciabatta loaf in half lengthwise, and toast
3. Assemble sandwich with toasted ciabatta bread, layered with cucumber, hemepeh and sprouts. Cut loaf into 4ths, and serve with kale salad

Salad

1. Cut the stalks off the kale and cut into bite sizes.
2. Place in a bowl and add the honey.
3. Use your fingers to massage the honey into the kale.
4. Cut off the peel of the orange and segment the flesh.
5. Add orange, blueberries, and walnuts to the kale.
6. Drizzle oil over top and mix well.
7. Season with salt and pepper.

Local Blue Dream "Pisgah Panang" Curry Dinner **GF, DF, V**

Ingredients:

- 16 Ounce Local "Pisgah Panang" Blue Dream Curry Sauce
- 2 Pound Organic Lundburg Jasmine Rice
- 1 Pound Local/Organic Green Beans, ends trimmed
- 1 Pound Local/Organic Zucchini, cubed
- 2 Pieces Local/Organic Red Bell Peppers, seeded and cut into strips
- 1 Bunch Organic Carrots, peeled, and cut into rounds
- olive oil for skillet

Instructions:

1. Prepare 2 cups of Jasmine Rice per instructions
2. Prepare large skillet over medium high heat. Add 2 Tbsps. Olive oil to pan. Saute vegetables until tender. Add Pisgah Panang Curry Sauce and reduce heat to simmer for 15 minutes.
3. Serve curry over rice

MEPD Shopping List

Produce:

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

Includes:

Lacinato Kale – 1 Bunch – FL, Organic
Blueberries – 6 Ounces – CH, Organic
Romaine Lettuce – 1 Head – FL, Organic
Slicer Tomatoes – 2 Pieces – FL, Organic
Broccoli – 1 Pound – GA, Organic
Minneola Tangelos – 2 Pounds – CA, Organic
Sweet Potatoes – 4 Pieces – Local, Organic
Sweet Yellow Onion – 2 Pieces – GA, Organic
Celery – 1 Bunch – CA, Organic

Add-On Produce:

[Garlic \\$2.99](#)

[Lemon \\$3.99](#)

[2 avocados \\$4.99](#)

[Alfalfa/Radish Sprouts \\$2.99](#)

[Cucumber \\$3.99](#)

Eggs/Dairy:

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

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

Meat/Protein:

[Hickory Nut Gap Farm Salami \\$8.99](#)

[Queen B Chicken Legs \\$6.99](#)

[1 Lb. NC Caught Shrimp \\$17.95](#)

[1 pack Smiling Hara Hempeh Ginger Miso Tempeh \\$6.99](#)

Prepared:

[2 packages Rio Bertolini Herbed Linguine \\$5.98](#)

[Local Blue Dream "Pisgah Panang" Curry Dinner \\$25.99](#)

Pantry:

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

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

[Fig Chickpeas \\$4.49](#)

Baked Goods:

[Rhu Bakery Ciabatta bread \\$5.99](#)

Total: \$167.28

Price Per Serving: \$8.36 (MEPD)

Pantry (Items outside of MEPD)

Oils/Fats:

Olive oil

Vinegar:

Apple cider vinegar

Herbs/Spices:

Salt

Pepper

cayenne

Condiments/Sweeteners:

Honey

Dill

Grocery:

Maple syrup

Soy sauce

Nuts/Seeds:

Walnuts

Dairy:

Feta Cheese

