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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 3-20-2017

Avocado Strawberry Salad

Quinoa Stuffed Zucchini & Arugula Salad with Blueberry Vinaigrette

Rainbow Chard and Mushroom Strata and Roasted Sweet Potatoes

Sheet Pan Chicken Fajitas with Tortilleria Molina Tortillas

Salami and Brussels Sprouts Pizza & Mixed Greens Salad

Avocado Strawberry Salad

GF, V

Ingredients:

8 oz. spinach, washed and dried
 ¼ cup balsamic vinegar
 1 Lb. sliced strawberries
 1 pint halved mixed color cherry tomatoes
 3 oz. Happy Cow Creamery Mozzarella, cubed
 2 ripe avocados, pitted and diced
 ½ cup walnuts, toasted
 olive oil, for drizzling
 Salt and pepper to taste

Instructions:

1. In a small saucepan, bring the balsamic vinegar to a high simmer over medium heat. Stir, then reduce the heat to low and simmer until the vinegar has thickened and reduced by half, about 8 to 10 minutes. Set aside to cool.
2. Place the strawberries, cherry tomatoes, mozzarella, avocado, walnuts and spinach in a shallow bowl or platter. Drizzle with olive oil, and season generously with salt and pepper. Gently toss. Drizzle with the reduced balsamic.

Quinoa Stuffed Zucchini & Arugula Salad with Blueberry Vinaigrette

GF, V

Ingredients:

Zucchini with Quinoa Stuffing
 ½ cup quinoa, rinsed
 4 medium zucchini
 1 15-ounce chickpeas, rinsed
 1 slicer tomato, diced
 1 cup almonds, chopped (about 2 ounces)
 2 cloves garlic, chopped
 ¾ cup grated Organic Valley Parmesan (3 ounces)
 4 Tbsps. olive oil

Arugula Salad with Blueberry Vinaigrette

Instructions:

1. Heat oven to 400° F. In a large saucepan, combine the quinoa and 1 cup water and bring to a boil. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water is absorbed, 12 to 15 minutes.
2. Meanwhile, cut the zucchini in half lengthwise and scoop out the seeds. Arrange in a large baking dish, cut-side up.
3. Fluff the quinoa and fold in the beans, tomatoes, almonds, garlic, ½ cup of the Parmesan, and 3 tablespoons of the oil.

<p>5 oz arugula, washed and stemmed 1 pint ripe blueberries 1 Tbsp. honey (or agave if vegan) 2 Tbsp. balsamic vinegar 2 Tbsp. olive oil ¼ tsp. salt ½ tsp. Lusty Monk mustard</p>	<p>4. Spoon the mixture into the zucchini. Top with the remaining tablespoon of oil and ¼ cup Parmesan. Cover with foil and bake until the zucchini is tender, 25 to 30 minutes. Remove the foil and bake until golden, 8 to 10 minutes.</p> <p><i>Arugula Salad with Blueberry Vinaigrette</i></p> <ol style="list-style-type: none"> 1. Add all ingredients to a food processor or blender and mix well. If dressing is too thick, you can thin it with a few drops of water. 2. Drizzle dressing over bunch of arugula and serve
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Rainbow Chard and Mushroom Strata and Roasted Sweet Potatoes GF*, V

<p>Ingredients:</p> <p>½ Lb. stale bread*, sliced about 3/4 to 1 inch thick 8 oz. crimini mushrooms 1 bunch Rainbow chard, stemmed and cleaned 2 garlic cloves, minced 4 cups grass-fed milk 2 oz. Happy Cow Creamery Swiss cheese, grated (1/2 cup, tightly packed) 1 oz. Parmesan cheese, grated (1/4 cup, tightly packed) 2 Tbsps. olive oil 1 tsp. chopped fresh rosemary Salt freshly ground pepper 4 eggs ½ tsp. Salt</p> <p><i>Sweet Potatoes</i></p> <p>2 sweet potatoes, cubed 3 Tbsps. unsalted butter, melted 1 tsp. paprika 1 tsp. cinnamon ¼ tsp. cayenne pepper Salt and pepper to taste</p> <p>*Consider Rhu Bakery Ciabatta, or for GF Option, Eat More Bakery Honey Oat Loaf</p>	<p>Instructions:</p> <p><i>Strata</i></p> <ol style="list-style-type: none"> 1. Cut in stale bread into 1-inch dice. Place in a very large bowl, and toss with 2/3 cup of the milk. Set aside. 2. Preheat the oven to 350 degrees. Oil or butter a 2-quart baking dish. Heat a large skillet over medium-high heat, and add the chard. Stir until the leaves begin to wilt in the liquid left on them after washing. Cover the pan, and let the chard steam until it has completely collapsed, about two minutes. Uncover and stir. When all of the chard has wilted, remove from the pan and rinse briefly with cold water. Press or squeeze out excess liquid. Chop coarsely and set aside. 3. Add 1 Tbsp. of the olive oil to the pan, turn the heat down to medium and add the minced garlic. Cook, stirring, until fragrant, about 30 seconds, and stir in the mushrooms, the rosemary and the chard. Stir together for a couple of minutes, and season to taste with salt and pepper. Remove from the heat, and transfer to the bowl with the bread cubes. Add the cheeses, and toss together. Arrange in the baking dish. 4. Beat together the eggs in a medium bowl. Add salt to taste, the remaining milk. Press the bread down into the mixture. Sprinkle a little Parmesan over the top, and drizzle on the remaining olive oil. Place in the oven, and bake 40 to 50 minutes, until puffed and browned. Remove from the oven, and serve hot or warm. <p><i>Sweet Potatoes</i></p> <ol style="list-style-type: none"> 1. Preheat oven to 350° and line a baking sheet with parchment paper. 2. Toss the sweet potatoes in a mixing bowl with the butter. 3. Combine the spices in a small bowl, then sprinkle them over the sweet potatoes, and toss to make sure the spice coats the potatoes evenly.
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4. Evenly spread the potatoes onto the baking sheet.
5. Roast for 40 minutes, or until they are tender.
6. Remove from the oven and allow to cool for a few minutes before eating.

Sheet Pan Chicken Fajitas with Tortilleria Molina Tortillas

GF, DF

Ingredients:

3 Tbsps. olive oil, divided
 2 green bell peppers, seeds removed, ¼-inch thick slices
 2 yellow onions, thinly sliced
 1 Lb. Queen B Pastured Chicken Breasts., thawed and cut into ¼-inch thick slices
 2 tsp. chili powder
 1 tsp. cumin
 1 tsp. garlic powder
 1 tsp. salt
 ½ tsp. ground black pepper
 ½ tsp. paprika
 ½ tsp. coriander
 ¼ tsp. chili flakes or cayenne pepper (optional)
 1 lime
 1 Lb. Tortilleria Molina Tortillas, thawed in refrigerator, gently warmed

Instructions:

1. Preheat oven to 400 degrees. Place a standard size rimmed baking sheet in the oven while it heats so that it's nice and hot.
2. In large bowl toss 1 Tbsps. oil with the bell peppers and onions. Carefully remove the hot baking sheet from the oven and spread the peppers and onions evenly across the sheet. Place in the oven and bake for 8 minutes.
3. Meanwhile, in the same bowl, combine the remaining oil along with the chicken, chili powder, cumin, garlic powder, salt, black pepper, paprika, coriander and chili flakes. Remove the sheet from the oven, drain off any excess liquid and add the chicken, making sure to separate the pieces of chicken from each other (that way they don't bake together. Return to the oven and bake for 15-20 minutes or until the vegetables are roasted and the fajitas are golden brown. Remove, squeeze the lime juice over top and serve with desired toppings.

Salami and Brussels Sprouts Pizza & Mixed Greens Salad

GF*

Ingredients:

5 Tbsps. olive oil, plus more for the baking sheet
 1 Rio Bertolini pizza dough ball, thawed at room temperature*
 1 Lb. Brussels sprouts, very thinly sliced
 2 oz. sliced Hickory Nut Gap Farm Salami, cut into quarters
 6 oz. Happy Cow Creamery Mozzarella, grated
 Salt and pepper to taste
 3 tablespoons fresh lemon juice
 5 oz. Red Hawk Farm Mixed Greens
 crushed red pepper, for serving

*GF Option: Consider Eat More Bakery Pizza Crust

Instructions:

1. Heat oven to 450° F with the bottom rack set in the lowest position. Lightly oil a large rimmed baking sheet. Stretch the dough into a large oval and place on the prepared sheet; brush with 1 tablespoon of the oil.
2. In a large bowl, toss the sprouts, salami, and mozzarella with 1 tablespoon of the remaining oil and ½ teaspoon each salt and black pepper; scatter over the dough. Bake until the mozzarella has melted and the crust is golden brown, 12 to 15 minutes. Drizzle with 1 tablespoon of the lemon juice.
3. In a large bowl, toss the greens with the remaining 3 tablespoons of oil and 2 tablespoons of lemon

juice and ¼ teaspoon each salt and black pepper.
Serve with the pizza and red pepper, for
sprinkling.

MEPD Shopping List

Produce:

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

Includes:

Zucchini - 1 Pound - FL, Organic - Lady Moon Farm
Green Bell Pepper - 2 Pieces - FL, Organic - Lady Moon Farm
Blueberries - 6 Ounces - CA, Organic - Crosset Organic
Strawberries - 1 Pound - CA, Organic - Freshpoint Organic
Rainbow Chard - 1 Bunch - FL, Organic - Lady Moon Farm
Brussels Sprouts - 1 Pound - GA, IPM - Crosset Organic
Sweet Potatoes - 2 Pieces - Local, Organic - Eastern Carolina Organics
Sweet Yellow Onions - 2 Pieces - GA, Organic - Crosset Organics
Crimini Mushrooms - 8 Ounces - PA, Organic - Mother Earth Mushrooms
Avocados - 2 Pieces - MX, Organic - Freshpoint Organic
Spinach - 8 Ounces - Local, Organic - R Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Zucchini \\$3.99](#)

[Slicer tomatoes \\$3.99](#)

[Rosemary \\$2.99](#)

[Red Hawk Farm Mixed Greens \\$4.99](#)

Meat:

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

[Queen B Pastured Chicken Breasts \\$10.99](#)

Dairy:

[Happy Cow Creamery Mozzarella \\$6.49](#)

[Parmesan Cheese \\$6.99](#)

[Grass-fed milk \\$5.99](#)

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

Prepared:

[Rio Bertolini pizza dough ball \\$2.99](#)

Pantry:

[Quinoa \\$8.99](#)

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

[Fig Chickpeas \\$4.49](#)

Bakery:

[Tortilleria Molina Tortillas \\$4.99](#)

Total: \$133.83

Price Per Serving: \$6.69

Pantry

Oils/Fats:

Olive oil
Unsalted butter

Vinegar:

Balsamic Vinegar

Herbs/Spices:

Salt
Pepper
Cinnamon
Cumin
Paprika
Garlic powder
Cayenne pepper
Coriander
Chili flakes

Nuts:

Walnuts
Almonds

Grocery:

Honey