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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 3-27-2018

Easter Dinner:

Slow Roasted Pork Shoulder

Yukon Gold Gratin

Garlicky Green Beans

Spinach Spring Salad

Parker House Rolls

Lemon Cream Pie

Easter Brunch:

Hot Cross Buns

Rhu Bakery Spinach, Onion and Gouda Quiche

Kale Blueberry Salad

Beyond:

Penne with Mixed Color Cherry Tomatoes and Eggplant

“Green Dream” Vegetable Curry

Easter Dinner

Ingredients:

Slow Roasted Pork Shoulder

1 3-lb boneless Hickory Nut Gap Pork Shoulder, thawed, skin removed but fat cap intact
1 tsp. coriander powder
¼ cup salt
¼ cup packed brown sugar
3 cloves garlic, grated or very finely minced
2 Tbsp olive oil

Yukon Gold Gratin

Butter to grease the baking dish
2.5 cups Happy Cow Creamery Half & Half
1.5 tsps. salt
1/4 tsp. ground black pepper
2.5 Lbs. Yukon Gold potatoes, peeled and sliced very thin
1.5 cups shredded Happy Cow Creamery 3 Year Aged Cheddar

Garlicky Green Beans

1 Lb. fresh green beans, trimmed and snapped in half
3 Tbsps. butter
3 cloves garlic, minced
2 pinches pepper
salt to taste

Spinach Spring Salad

8 oz. spinach
1 bunch sliced radishes
¼ cup parsley, chopped
2 Tbsp. chopped chives
4 oz. Three Graces Dairy Bee's Knees Goat Cheese, fork crumbled
Bragg's Healthy Vinaigrette

Instructions:

Slow Roasted Pork Shoulder

1. With a sharp knife, score a ¼"-wide crosshatch pattern into the fat cap of the pork (you want to cut through the fat to expose the meat but not through the meat itself).
2. Combine coriander powder, garlic, salt, and sugar. Massage the mixture all over the pork. Wrap tightly in plastic wrap and refrigerate overnight, at least 12 hours.
3. Heat olive oil in a large skillet over medium-high heat. Brown all sides of the pork shoulder.
4. Preheat oven to 325°F. Pat pork dry with paper towels and brush off any big clumps of the rub. Place pork (fat cap up) in a roasting rack set inside a roasting pan. Add 3 cups water to the bottom pan and roast 3 hours. (If the top is getting too dark, loosely tent with foil).
4. After 2 hours, baste the pork with pan juices and continue cooking, basting every hour, until the meat is fork-tender, approximately 2-2.5 more hours. Allow pork to rest at least 20 minutes before serving.

Yukon Gold Gratin

1. Preheat the oven to 325°F. Grease an 8-inch (or 2-quart) baking dish with butter.
2. In a mixing bowl with a pouring spout (or large liquid measuring cup), whisk together the half & half, salt, and pepper.
3. Arrange some of the potato slices, edges overlapping, in a single layer on the bottom of the prepared baking dish. Sprinkle 1/4 of the cheese over the potatoes and pour 1/4 of the half & half mixture over top. Repeat with the remaining potatoes, cheese, and half & half mixture, forming 4 layers.
4. Place in the oven and bake, uncovered, for about 1.25 hours, or until the potatoes are tender when pierced with a knife and golden brown on top. Let the dish settle and cool for about ten minutes before serving.

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.
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.

Spinach Spring Salad

1. Combine spinach, radishes, ¼ cup parsley leaves, and chives in a large bowl.
2. Toss salad with dressing and top with goat cheese.

*Gently warm Rhu Bakery Parker House Rolls

**Serve Lemon Cream Pie for dessert

Easter Brunch

Ingredients:

Ingredients:

Rhu Bakery Hot Cross Buns

Rhu Bakery Spinach, Onion and Gouda Quiche

Salad

1 bunch kale

2 Tbsps. honey

1 Lb. clementines, peeled and segmented

1 pint blueberries

1/3 cup walnuts, toasted

4 Tbsps. olive oil

salt and pepper, to taste

Instructions:

Rhu Bakery Hot Cross Buns

1. Warm before serving

Rhu Bakery Spinach, Onion and Gouda Quiche

1. Warm in oven per instructions. (Cover with foil and heat for 20-25 minutes at 350)

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 clementine and segment the flesh.
5. Add clementine, blueberries, and walnuts to the kale.
6. Drizzle oil over top and mix well.
7. Season with salt and pepper.

Beyond

Ingredients:

Penne with Mixed Color Cherry Tomatoes and Eggplant

1 Lb. Penne Pasta, cooked al dente

1/4 cup olive oil

1 eggplant, cut into 1/2-inch pieces

1 pint mixed color cherry tomatoes, halved

2 cloves garlic, sliced

¼ tsp. crushed red pepper

Salt and pepper to taste

½ Lb. Happy Cow Creamery mozzarella, cut into

1/2-inch pieces

1/4 cup torn fresh basil leaves

Blue Dream Curry House "Green Dream" Vegetable Curry

1 pint Blue Dream Curry House Green Dream Curry

1 sweet yellow onion, thinly sliced

1 bunch of broccoli, washed, and chopped into bite sized pieces

1 Lb. yellow squash, washed and chopped into bite sized pieces

1 bunch carrots, washed and chopped into coins

2 cups Jasmine Rice, prepared per instructions

Instructions:

Penne with Mixed Color Cherry Tomatoes and Eggplant

1. Cook the pasta according to the package directions. Reserve ¼ cup of the cooking water. Drain the pasta and return it to the pot.
2. Meanwhile, heat the oil in a large nonstick skillet over medium-high heat.
3. Add the eggplant. Cook, tossing occasionally, until golden brown and tender, 8 to 10 minutes.
4. Add the tomatoes, garlic, red pepper, salt, and pepper. Cook, tossing, until the tomatoes soften, 2 to 3 minutes.
5. Add the tomato mixture to the pasta, along with the mozzarella and reserved cooking water. Toss to combine. Sprinkle with the basil.

Blue Dream Curry House "Green Dream" Vegetable Curry

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 10 minutes.
3. Serve curry over rice in bowls.

MEPD Shopping List

Produce:

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

Includes:

Carrots - 1 Bunch - Local, Organic - Cottle Farm
Yellow Squash - 2 Pieces - FL, Organic - Santa Sweet Farm
Green Kale - 1 Bunch - FL, Organic - Lady Moon Farm
Blueberries - 6 Ounces - CA, Organic - Crosset Organics
Yukon Gold Potatoes - 2.5 Pounds - GA, Organic - Crosset Organics
Mixed Color Cherry Tomatoes - 1 Pint - FL, Organic - Lady Moon Farm
Sweet Yellow Onions - 2 Pieces - GA, Organic - Freshpoint Organic
Spinach - 8 Ounces - Local, Organic - R Farm
Broccoli - 1 Pound - CA, Organic - Crosset Organics
Eggplant - 1 - FL, Organic - Lady Moon Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Radishes \\$2.99](#)

[Parsley \\$2.99](#)

[Clementines \\$2.99](#)

[Basil \\$2.99](#)

Meat:

[3-lb boneless Hickory Nut Gap Pork Shoulder \\$7.99/Lb](#)

Dairy:

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

[2 pints Wholesome Country Creamery Half & Half \\$6.50](#)

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

[Three Graces Dairy Bee's Knees Goat Cheese \\$6.99](#)

Prepared:

[Rhu Bakery Spinach, Onion and Gouda Quiche \\$18.99](#)

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

Pantry:

[Penne pasta \\$3.99](#)

[Jasmine Rice \\$6.99](#)

Bakery:

[Rhu Bakery Parker House Rolls \\$9.99](#)

[Lemon Cream Pie \\$19.99](#)

[Rhu Bakery Hot Cross Buns \\$8.99](#)

Total: \$168.83

Price Per Serving: \$8.44

Pantry

Oils/Fats:

Olive oil
Unsalted butter

Herbs/Spices:

Salt
Pepper
Coriander powder

Nuts:

Walnuts

Grocery:

Honey
Brown sugar
Chives
Crushed red pepper

