



*fred\*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 3-6-2018**

**Coconut Red Lentil Stew with Baby Sweet Potatoes and Kale**

**Crimini Mushroom and Caramelized Onion Pizza &**

**Mixed Lettuce and Cherry Tomato Salad**

**Royal Mandarin Glazed Salmon with Roasted Broccoli**

**Blueberry Avocado Quinoa Bowl**

**Madison County Pot Pie Chicken Pot Pie and Honey & Cinnamon Stewed Apples**

### **Coconut Red Lentil Stew with Baby Sweet Potatoes and Kale**

**GF, DF, V**

#### **Ingredients:**

4 Tbsps. olive oil  
2 yellow onions, finely chopped  
6 garlic cloves, minced  
2 tsps. each garam masala, cumin, turmeric  
1.25 Lbs. baby sweet potatoes, peeled and chopped into 1 inch dice  
2 cups red lentils, rinsed  
4 cups vegetable broth  
2 15 oz. Native Forest organic coconut milk  
1 bunch lacinato kale, chopped  
Salt and pepper to taste  
Chopped cilantro to garnish

#### **Instructions:**

1. Heat oil in large pot over medium heat. Add onion and a sprinkle of salt and pepper and sauté until onions begin to soften - a few minutes.
2. Add garlic and spices and saute until spices are fragrant. If pan becomes too dry, add a bit more oil or a little water to the pan.
3. Add sweet potatoes, red lentils and sprinkle of salt and pepper. Stir to coat with spices.
4. Stir in broth and coconut milk. Bring to a boil, cover pot and reduce heat to low. Simmer for 30 minutes.
5. Add kale, stir and cover pot, cooking for 5 more minutes until kale is wilted.

**Crimini Mushroom and Caramelized Onion Pizza &  
Mixed Lettuce and Cherry Tomato Salad**  
**GF\*, V**

**Ingredients:**

7 Tbsps. butter, divided 2 tablespoons plus 1 tsp. olive oil  
3 red onions, halved lengthwise, thinly sliced crosswise (about 6 cups)  
1 Lb. crimini mushrooms cut into bite-size pieces  
6 garlic cloves, minced  
2 red onions, diced  
2 cups dry white wine  
1 Tbsp. minced fresh rosemary  
2 Rio Bertolini New York Style Pizza Dough Crusts\*  
10 oz. Happy Cow Creamery Mozzarella Cheese, shredded

\*Use Eat More Bakery GF pizza crusts

*Salad*

5 oz. Mixed Lettuce Salad  
1 pint Mixed Color Cherry Tomatoes, washed and halved  
Bragg's Healthy Vinaigrette  
Salt and pepper to taste

**Instructions:**

*Pizza*

1. Melt 3 tablespoons butter with 2 tablespoons olive oil in heavy large skillet over medium-low heat. Reduce heat to low, add onions and sauté until golden, about 45 minutes. Season with salt and pepper.
2. Melt remaining 4 tablespoons butter with 1 teaspoon olive oil another heavy large skillet over medium-high heat. Add mushrooms and garlic). Sauté 4 minutes. Add wine and simmer until almost all liquid is absorbed, stirring frequently, about 13 minutes. Add rosemary; season with salt and pepper.
3. Preheat oven to 400°F at least 30 minutes before baking. Roll out 2 dough disks on lightly floured surface to desired thickness, allowing dough to rest a few minutes if it springs back. Place sheet of parchment paper on baking sheet. Transfer dough rounds to baking sheet. Lightly brush dough with garlic oil. Sprinkle each crust with ½ of shredded mozzarella cheese. Scatter ½ of onions over cheese. Scatter 1/2 of mushrooms over onions. Sprinkle with salt.
4. Bake pizzas 6 minutes. Rotate pizzas half a turn. Bake until crust is deep brown, about 6 minutes longer. Using large spatula, carefully transfer pizzas to cutting board. Let rest 1 minute. Slice into wedges and serve.

*Salad*

1. Assemble lettuce and tomatoes in serving bowl.
2. Drizzle with Bragg's Healthy Vinaigrette and season with salt and pepper to taste.

**Royal Mandarin Glazed Salmon with Roasted Broccoli**  
**GF, DF**

**Ingredients:**

*Salmon*

2 lbs. wild-caught salmon  
salt  
zest and juice of 2 mandarin oranges  
¼ cup brown sugar  
2 clove garlic, minced  
2 Tbsps. fresh ginger, minced  
1 Tbsp. Sriracha hot sauce  
4 Tbsps. soy sauce (or GF Tamari)

**Instructions:**

*Salmon*

1. Season both sides of the salmon with salt.
2. Place skin-side down on a rimmed baking sheet. Arrange top oven rack close to the broiler.
3. Mix all remaining ingredients in a small pot. Heat on stove top, whisking constantly, until sugar has melted and sauce is slightly thickened (about 3-4 minutes).
4. Brush some of the glaze on the top of the salmon.

<p>½ Tbsp. rice wine vinegar</p> <p><i>Roasted Broccoli</i> 1 bunch broccoli, cut into bite sized pieces. Stalk peeled and chopped Olive oil Salt and pepper</p>	<p>5. Broil salmon for 8-10 minutes, removing to brush more glaze on top every two minutes, until it flakes easily with a fork and glaze has developed a thick layer on top.</p> <p><i>Roasted Broccoli</i></p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400 degrees.</li> <li>2. Place broccoli in mixing bowl, and drizzle with olive oil. Season with salt and pepper. Toss well to coat.</li> <li>3. Line a baking sheet with parchment paper. Spread coated broccoli on parchment paper. Place in oven and bake for 20 minutes.</li> </ol>
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<b>Blueberry Avocado Quinoa Bowl</b> <b>GF, DF, V</b>	
<p><b>Ingredients:</b></p> <p><i>Quinoa Bowl</i> 2 cups uncooked quinoa 2 cups blueberries 2 avocados, pitted and cubed 1 bunch spinach, washed, stemmed and chopped 1 cup walnuts, toasted and chopped Bragg's Healthy Vinaigrette</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. <i>Quinoa Bowl</i> 1. Prepare quinoa according to package directions; cool.</li> <li>2. 2. Combine cooled quinoa, blueberries, avocado, spinach and walnuts.</li> <li>3. 3. Drizzle with Bragg's Healthy Vinaigrette and toss well to combine.</li> </ol>

<b>Madison County Pot Pie Chicken Pot Pie and Honey &amp; Cinnamon Stewed Apples</b>	
<p><b>Ingredients:</b></p> <p>Family Sized Chicken Pot Pie</p> <p>Stewed Apples 2 Lbs. Pink Lady apples, peeled, cored and sliced 1 Tbsp. honey 1 Tbsp. cinnamon 1 tsp. Vanilla extract 1 cup boiling water</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Prepare Chicken Pot Pie per instructions</li> <li>2. While Chicken Pot Pie is baking, prepare apples. Heat a large, thick bottom pot with a fitted lid over high heat. Add apples to pot and dust with cinnamon.</li> <li>3. Pour over hot water, add honey and vanilla, stir to combine.</li> <li>4. Cover and simmer for about 20 or so minutes on medium heat, or until apples are fully cooked. Serve with Chicken Pot Pie.</li> </ol>

## MEPD Shopping List

### Produce:

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

#### Includes:

Mixed Color Cherry Tomatoes - 1 Pint - FL, Organic  
Spinach - 8 Ounces - Local, Organic  
Broccoli - 1 Pound - CA, Organic  
Lacinato Kale - 1 Bunch - FL, Organic  
Baby Sweet Potatoes - 1.25 Pounds - Local, Organic  
Red Onions - 2 Pieces - GA, Organic  
Royal Mandarins - 1 Pound - FL, Organic  
Blueberries - 6 Ounces - CA, Organic  
Mixed Salad Lettuce - 5 Ounces - Local, Organic  
Pink Lady Apples - 2 Pounds - Local, IPM

### Add-On Produce:

#### [Garlic \\$2.99](#)

#### [Rosemary \\$2.99](#)

#### [Yellow onions \\$2.99](#)

#### [Cilantro \\$2.99](#)

#### [Crimini mushrooms x 2 \\$9.98](#)

#### [Ginger \\$3.99](#)

#### [Avocados \\$4.99](#)

### Dairy:

#### [10 oz. Happy Cow Creamery Mozzarella Cheese \\$6.49](#)

### Meat:

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

### Prepared:

#### [2 Rio Bertolini New York Style Pizza Dough Crusts \\$5.98](#)

#### [Madison County Pot Pie Chicken Pot Pie \\$17.99](#)

### Pantry:

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

#### [Red Lentils \\$6.99](#)

#### [2 cans Native Forest Coconut Milk \\$7.98](#)

#### [Quinoa \\$8.99](#)

**Total: \$159.81**

**Price Per Serving: \$7.99**

## Pantry

### Oils/Fats:

Olive oil  
Unsalted butter

### Herbs/Spices:

Salt  
Pepper  
Garam masala  
Cumin  
Turmeric  
Cinnamon

### Condiments:

Sriracha  
Soy sauce  
Rice wine vinegar  
honey

### Grocery:

Vegetable broth  
Brown sugar

### Libations:

Dry white wine

### Nuts/Seeds:

walnuts

