



*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 4-10-2018

Yukon Gold & Baby Green Garlic Soup and Spring Salad with Lusty Monk Vinaigrette

Zucchini & Blistered Tomato Penne with Vodka Sauce

Strawberry Arugula Salad with Goat Cheese and Chicken

Salmon, Spinach, Cucumber & Quinoa Bowl

Local Taco Night

Yukon Gold & Baby Green Garlic Soup and Spring Salad with Lusty Monk Vinaigrette GF

Ingredients:

Soup

2 qts. chicken broth
2.5 Lbs. Yukon Gold potatoes, peeled, sliced
Baby green garlic, chopped and woody ends removed
2/3 cup half and half

Spring Salad

2 tsp. Lusty Monk mustard
2 tsp. red wine vinegar
2.5 Tbsp. olive oil
1/2 tsp dried thyme
salt and pepper to taste
5 oz. local mixed green salad mix
1 bunch red radishes, sliced thin

Instructions:

Soup

1. Combine 8 cups chicken broth, potatoes and garlic in large pot. Bring to boil. Reduce heat to medium; cover and simmer until potatoes are very tender, about 25 minutes.
2. Working in batches, puree soup in blender until smooth. Return to same pot. Add half and half and bring to simmer. Thin with more broth if soup is too thick. Season to taste with salt and pepper.
3. Ladle soup into bowls.

Spring Salad

1. Combine mustard and vinegar in a bowl. Whisk in olive oil. Season with thyme, salt, and pepper.
2. Dress the salad greens and radishes with the vinaigrette.

Zucchini & Blistered Tomato Penne with Vodka Sauce

GF*, V

Ingredients:

Pizza

1 Lb. Bionaturae Penne Rigate Pasta*
1 pint grape tomatoes
2 zucchini, quartered vertically and then sliced into ¼-inch wide wedges

Instructions:

1. **Preheat oven to 400°F** and line a large, rimmed baking sheet with parchment paper for easy cleanup. On the baking sheet, toss the whole grape tomatoes and sliced zucchini with 2 tablespoons olive oil. Sprinkle with salt and pepper and arrange in a single

<p>2 Tbsp. olive oil Salt and freshly ground black pepper, to taste 1 pint Rio Bertolini Vodka Sauce</p> <p>*GF Option: Use Tinkyada Gluten-Free Penne Pasta</p>	<p>layer (or as close to a single layer as possible). Roast for about 25 minutes, tossing halfway, until the grape tomatoes have burst and the zucchini is tender.</p> <ol style="list-style-type: none"> 2. Meanwhile, bring a pot of salted water to boil and cook the pasta until al dente, according to package directions. Drain the pasta and return it to the pot. 3. While the pasta is hot, add the Rio Bertolini Vodka Sauce. 4. Once the tomatoes and squash are out of the oven, add them to the pot along with all of the tomato juices. Gently toss once again to combine. Season to taste with salt and freshly ground pepper, and divide into individual serving bowls. Serve immediately.
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Strawberry Arugula Salad with Goat Cheese and Chicken

V

<p>Ingredients:</p> <p>5 oz. arugula 1 Lb. Queen B Pastured chicken breast, grilled or sauteed and sliced 1 Lb. strawberries, sliced 4 oz. Three Graces Dairy Goat Cheese “Bee’s Knees”, crumbled ½ cup pecans, chopped Balsamic vinaigrette</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Place a bed of arugula in a bowl. 2. Top with remaining ingredients in order. 3. Drizzle with vinaigrette. <p>Serve with Rhu Bakery Baguette</p>
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Salmon, Spinach, Cucumber & Quinoa Bowl

GF, DF

Ingredients:

For the bowl

2 cups Eco Alter quinoa, rinsed
2.5 cups water
salt
1 bunch spinach, washed, dried and roughly chopped
1 Lb. wild-caught salmon, cut into fourths
4 tsps. olive oil
1 avocado, thinly sliced
4 tsps. toasted sesame seeds

Pickled cucumbers

2 cucumbers, peeled and sliced thin
2 tsps. salt
2 tsps. sugar
2 tsps. finely grated fresh ginger
4 Tbsps. red wine vinegar
water to cover

For the sauce

4 Tbsps. soy sauce
4 Tbsps. rice wine vinegar
sesame oil
4 tsps. kimchi juice

Instructions:

Pork Chops

1. Start by making the pickles. Thinly slice the cucumber, and add all ingredients, then just enough water to over. Let that marinate at room temperature while you prepare everything else.
2. Combine quinoa, water, and a pinch of salt in a large pot. Bring to a boil, then reduce heat to a very low simmer, cover, and cook for 12 minutes.
3. Remove quinoa from heat, and stir in spinach and another pinch of salt. Cover the pot with a paper towel or clean dish cloth, and then the lid, and let the mixture steam for 10 minutes.
4. Cover a roasting pan with foil and preheat your oven to broil.
5. Pour 1 tsp. of olive oil on each filet of salmon, and rub it over the salmon piece. Season each filet with salt and pepper, and place on the foil.
6. Broil salmon for 8-12 minutes, checking at 8 minutes and frequently after, until the salmon pieces flake easily.
7. To make the sauce, just whisk together all ingredients into a small bowl.
8. To assemble, place quinoa and spinach in the base of the bowl, then top with salmon, avocado, and pickled cucumbers. Garnish each bowl with sauce and sesame seeds.

Local Taco Kit

GF, DF*

Ingredients:

Hickory Nut Gap Grass-Fed Beef - 1 Pound
Frontera Taco Skillet Sauce - 8 Ounces
Local Corn Tortillas from Tortilleria Molina - 16 Count
Yellow Organic Onion - 1 Piece
Local/Organic Lettuce - 1 Head
Local/Grass-fed Cheddar Cheese - 1 Block
Medium Local/Organic Green Mountain Gringo Salsa - 16 Ounces

*Omit Cheddar for DF

Instructions:

1. Place frozen beef and tortillas in the refrigerator overnight to thaw. Set tortillas out to bring to room temperature.
1. Chop onion, lettuce and tomato. Shred cheddar cheese, and set aside
2. Prepare skillet with olive oil over medium high heat. Brown beef, onion and skillet sauce. Simmer per instructions.
3. Assemble tacos with tortillas, seasoned beef, lettuce, tomato, cheddar cheese and salsa

MEPD Shopping List

Produce:

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

Includes:

Strawberries - 1 Pound - Local, Organic
Cucumbers - 2 Pieces - FL, Organic
Grape Tomatoes - 1 Pint - FL, Organic
Zucchini - 2 Pieces - FL, Organic
Mixed Green Salad - 5 Ounces - Local, Organic
Arugula - 5 Ounces - Local, Organic
Yukon Gold Potatoes - 2.5 Pounds - GA, Organic
Spinach - 8 Ounces - Local, Organic
Red Radish - 1 Bunch - Local, Organic
Sweet Yellow Onions - 2 Pieces - GA, Organic

Add-On Produce:

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

[Avocado \\$4.99](#)

[ginger \\$3.99](#)

Meat:

[1 Lb. Balsam Gardens Chicken Breast \\$11.99](#)

[1 Lb. wild-caught salmon \\$14.99](#)

Dairy:

[Half and half \\$3.25](#)

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

Prepared:

[Local Taco Kit \\$29.99](#)

[Rio Bertolini Vodka Sauce \\$5.99](#)

Pantry:

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

[Bionaturae Penne Rigate Pasta \\$3.99](#)

[Eco Alter quinoa \\$8.99](#)

Total: \$143.14

Price Per Serving: \$7.16

Pantry

Oils/Fats:

Olive oil
Sesame oil

Vinegar:

Balsamic Vinegar
Red wine vinegar
Rice wine vinegar

Herbs/Spices:

Salt
Pepper
Dried thyme

Sweetener:

sugar

Nuts/seeds:

Pecans
Toasted sesame seeds

Grocery:

2 quarts chicken broth
Balsamic vinaigrette
Kimchi