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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 4-24-2018

Shaved Asparagus with Radishes, Parmesan and a Poached Egg

Strawberry Arugula Salad with Goat Cheese and Chicken

One-Pan Roasted Salmon with Broccoli and Yukon Gold Potatoes

Zucchini, Kale and Tomato Saute with Toasted Ciabatta

Rhu Bakery Sun-Dried Tomato, Fresh Herb and Fromage Quiche and Mixed Green Salad

Shaved Asparagus with Radishes, Parmesan and a Poached Egg

GF, V

Ingredients:

1 Lb. asparagus, washed and trimmed
1 bunch French Breakfast Radishes, very thinly sliced
8 Tbsps. olive oil
4 Tbsps. lemon juice
1 tsp. salt
½ tsp. black pepper
Organic Valley Parmesan Cheese, grated, to taste
4 eggs
2 tsps. white vinegar

Instructions:

1. Shave the asparagus using a vegetable peeler, peel each asparagus stalk into long, very thin strips.
2. Place the shaved asparagus into a large bowl and toss it with the radishes.
3. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper. Pour the dressing over the salad and toss to combine. Divide the salad among four serving bowls.
4. Sprinkle the parmesan over the top of the salad in each bowl.
5. To poach the eggs, fill a large, shallow pot with enough water to go at least 2 inches up the side. Add the vinegar and place the pot over medium heat. Meanwhile, crack eggs into two small bowls or ramekins. When the water has come to a gentle (not rolling) boil, swirl it around with a slotted spoon to create a sort of whirlpool effect and, one at a time, gently drop the eggs into the water. let them cook for 2-3 minutes, until the white is fully cooked.
6. Remove the eggs from the water with the slotted spoon and place an egg on top of each salad serving. serve immediately.

Strawberry Arugula Salad with Goat Cheese and Chicken

GF

Ingredients:

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

Instructions:

1. Heat oven to 400° F. In a large saucepan, combine the Place a bed of arugula in a bowl.
2. Top with remaining ingredients in order.
3. Drizzle with vinaigrette.

Serve with Rhu Bakery Baguette

One-Pan Roasted Salmon with Broccoli and Yukon Gold Potatoes

GF, DF

Ingredients:

1 Lb. Wild-Caught Salmon fillets, thawed
2 tsps. plus 5 Tbsps. olive oil
Salt and pepper
1 Lb. Yukon Gold Potatoes, unpeeled, chopped
1 Lb. broccoli florets, cut into 2-inch pieces
1/4 cup minced fresh spring onions
2 Tbsps. Lusty Monk mustard
2 tsps. lemon juice
1 tsp. honey
Lemon wedges

Instructions:

1. Adjust oven rack to lowest position and heat oven to 450 degrees. Pat salmon dry with paper towels, then rub all over with 2 tsps. oil and season with salt and pepper. Refrigerate until needed.
2. Brush rimmed baking sheet with 1 Tbsp. oil. Toss potatoes, 1 Tbsps. oil, 1/2 tsp. salt, and 1/2 tsp. pepper together in bowl. Arrange potatoes cut side down on half of sheet. Toss broccoli, 1 Tbsp. oil, 1/4 tsp. salt, and 1/4 tsp. pepper together in now-empty bowl. Arrange broccoli on other half of sheet.
3. Roast until potatoes are light golden brown and broccoli is dark brown on bottom, 22 to 24 minutes, rotating sheet halfway through baking.
4. Meanwhile, combine spring onions, mustard, lemon juice, honey, remaining 2 Tbsps. oil, pinch salt, and pinch pepper in bowl; set spring onion sauce aside.
5. Remove sheet from oven and transfer broccoli to platter, browned side up; cover with foil to keep warm. Using spatula, remove any bits of broccoli remaining on sheet. (Leave potatoes on sheet.)
6. Place salmon skin side down on now-empty side of sheet, spaced evenly. Place sheet in oven and immediately reduce oven temperature to 275 degrees. Bake until centers of fillets register 125 degrees (for medium-rare), 11 to 15 minutes, rotating sheet halfway through baking. Transfer potatoes and salmon to platter with broccoli. Serve with lemon wedges and spring onion sauce.

Zucchini, Kale and Tomato Saute with Toasted Ciabatta

GF*, DF, V

Ingredients:

1 Tbsp. olive oil
1 yellow onion, sliced thinly
4 garlic cloves, minced
1 Lb. zucchini, thinly sliced
5 slicer tomatoes, chopped
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. crushed red pepper flakes
1 tsp. salt (to taste)
15 oz. can cannellini beans
1 bunch kale, stems removed and leaves roughly chopped

Rhu Bakery Ciabatta Loaf*

*GF Option- Consider Eat More Bakery Herbed Focaccia

Instructions:

1. Heat oil in large skillet over medium heat, and saute onion until tender.
2. Then add garlic and cook for another minute.
3. Add zucchini, tomatoes, basil, oregano, pepper, and salt, cannellini beans and let cook until zucchini is fairly tender and tomatoes are falling apart (about 10 min).
4. Stir in kale and continue to cook until kale is wilted and tender.
5. Serve with toasted Rhu Bakery Ciabatta slices

Rhu Bakery Sun-Dried Tomato, Fresh Herb and Fromage Quiche and Mixed Green Salad

V

Ingredients:

Rhu Bakery Sun-Dried Tomato, Herb and Fromage Quiche
5 oz. Mixed Green Salad Mix
Bragg's Vinaigrette
Salt and pepper to taste

Instructions:

1. Preheat oven to 350.
2. Cover quiche with foil. Bake quiche for 15-20 minutes until warm.
3. Prepare salad in serving bowl. Dress with Bragg's Vinaigrette and season with salt and pepper to taste.

MEPD Shopping List

Produce:

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

Includes:

Asparagus - 1 Pound - Local, No Spray - Monetta Farm
Strawberries - 1 Pound - Local, Organic - Cottle Farm
Mixed Green Salad Mix - 5 Ounces - Local, Organic - Greenshine Farm
Arugula - 1 Bunch - Local, Organic - Cottle Farm
French Breakfast Radish - 1 Bunch - Uncle Henry Farm
Broccoli Crowns - 1 Pound - GA, Organic - Crosset Organics
Yukon Gold Potatoes - 2.5 Pounds - GA, Organic - Crosset Organics
Zucchini - 1 Pound - FL, Organic - Lady Moon Farm
Green Kale - 1 Bunch - Local, Organic - Cottle Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[2 portions Slicer tomatoes \\$7.98](#)

[Spring Onions \\$2.99](#)

[Yellow Onions \\$2.99](#)

Meat:

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

[1 Lb. Wild-Caught Salmon \\$13.99](#)

Dairy:

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

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

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

Prepared:

[Rhu Bakery Sun-Dried Tomato, Herb and Fromage Quiche \\$18.99](#)

Pantry:

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

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

Bakery:

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

[Rhu Bakery Baguette \\$3.99](#)

Total: \$145.34

Price Per Serving: \$7.27

Pantry

Oils/Fats:

Olive oil

Vinegar:

Balsamic Vinegar

Herbs/Spices:

Salt

Pepper

Chili flakes

Dried Basil

Dried Oregano

Nuts:

Pecans

Grocery:

Cannellini beans

White vinegar

Honey