



**\*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 4-3-2018**

**Strawberry Balsamic Pizza and Butterhead Lettuce Salad  
Baby Green Garlic and Spinach Frittata and Red Kale Salad  
Zucchini, Carrots and Sweet Potato "Mellow Yellow" Curry  
Blackberry Glazed Pork Chops with Roasted Broccoli  
Swamp Rabbit Cafe Maple Cashew Stir Fry**

### **Strawberry Balsamic Pizza and Butterhead Lettuce Salad**

**GF\*, V**

#### **Ingredients:**

##### *Pizza*

1 Rio Bertolini prepared whole wheat pizza dough\*  
1.5 cups shredded Ashe County Mozzarella, shredded  
6 oz. Three Graces Dairy Bee's Knees Goat Cheese  
1 Lb. chopped strawberries, leafy ends removed and sliced into 1/4-inch thick rounds  
1 Tbsp. fresh basil, chiffonade into short little strips  
freshly ground black pepper

##### *Balsamic reduction*

1/2 cup balsamic vinegar  
2 Tbsps. honey

##### *Butterhead Lettuce*

\*GF Version: Use Prepared GF Crust

#### **Instructions:**

1. Preheat your oven to 350 degrees Fahrenheit.\* Roll out your pizza dough into a 12 to 14-inch round on a floured surface. Top the pizza dough with the shredded mozzarella, big crumbles of goat cheese, and strawberries. Bake on a lightly oiled baking sheet (or on a pizza stone, if you have one) until the cheese is bubbling and golden and the crust is crisp underneath, about 35 to 40 minutes
2. Meanwhile, make the balsamic reduction. In a small saucepan, combine the vinegar and honey. Gently simmer the mixture on medium-low heat until it is reduced in volume by half (this should take about 10 to 15 minutes) and set aside. Reserve some balsamic reduction for mixed greens salad.
3. Once the pizza is done baking, top it with a sprinkle of basil and freshly ground black pepper. Slice it and use a spoon to lightly drizzle balsamic vinegar on top.
4. Place washed and dried butterhead lettuce in salad bowl. Drizzle with remainder of balsamic reduction.

## Baby Green Garlic and Spinach Frittata and Red Kale Salad

GF

### Ingredients:

#### *Frittata*

1 Tbsp. olive oil  
1 Tbsp. unsalted butter  
2 stalks baby garlic greens  
1 bunch spinach  
8 Queen B Pastured eggs  
¼ cup half and half  
Salt, pepper and freshly grated nutmeg  
¼ cup Parmesan cheese

#### *Kale Salad*

1 bunch red kale, washed, stemmed and torn  
1 large garlic clove, minced  
2 Tbsps. fresh lemon juice  
4 Tbsps. olive oil  
1/4 tsp. salt  
1/4 tsp. ground black pepper

### Instructions:

#### *Frittata*

1. Preheat the broiler to high, with the top rack about 6 inches from the heat source. Wash the garlic greens and chard thoroughly.
2. Heat the olive oil and butter over medium heat in a large saute pan. Mince the garlic greens. Cut the stems off the chard leaves and dice the stems. Add the garlic and spinach stems to the pan and saute for about 3 minutes. Add 2 or 3 tablespoons of water to the pan and cover it. Steam the garlic and chard stems in the covered pan for 5 additional minutes. Meanwhile, chop the spinach leaves crosswise into large bite-size pieces. Add the spinach leaves to the pan and re-cover. Continue cooking until the spinach leaves are just wilted, stirring once or twice - about 3 to 5 minutes more.
3. While the chard leaves are cooking, crack the eggs into a medium bowl. Add the half and half, along with a generous pinch of salt, some freshly ground pepper and a bit of freshly grated nutmeg. Whisk together thoroughly. When the chard leaves are wilted, gently pour the egg mixture into the pan. Sprinkle the cheese on top. Cook, uncovered, on the stovetop until the bottom of the frittata has set.
4. Transfer the pan to the broiler; broil until the top of the frittata has set and browned slightly. Cut into wedges and serve with kale salad.

#### *Kale Salad*

1. Remove the stems from the kale and discard. Finely chop the kale leaves (the smaller, the better).
2. Wash the kale and spin dry. Place dried kale into a large bowl.
3. For the dressing: In a mini food processor, process the garlic until minced. Now add the lemon, oil, salt, and pepper and process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons.

## Zucchini, Carrots and Sweet Potato "Mellow Yellow" Curry

GF\*

### Ingredients:

1 pint Blue Dream Curry House Mellow Yellow Curry  
1 bunch of carrots, washed, and chopped into bite sized pieces  
1 Lb. zucchini, washed and chopped into bite sized pieces  
1 Lb. sweet potatoes, chopped into bite sized pieces  
2 cups Jasmine Rice, prepared per instructions

### Instructions:

1. Prepare rice per instructions
2. Prepare vegetables and place into oiled skillet on medium heat. When vegetables are tender, pour over Yellow Dream Curry Sauce. Reduce heat to medium low and simmer for about 10 minutes.
3. Serve curry over rice in bowls.

## Blackberry Glazed Pork Chops with Roasted Broccoli

GF, DF

### Ingredients:

#### *Pork Chops*

4 Hickory Nut Gap Farm Pork Chops  
2 tsps. cinnamon  
1 tsp. fresh thyme  
salt and pepper, to taste  
1 pint blackberries  
1 cup balsamic vinegar  
4 Tbsps. water

#### *Roasted Broccoli*

1 bunch broccoli, cut into bite sized pieces.  
(Stalk can be peeled and chopped and included with florets.)  
2 Tbsp. olive oil  
Salt and pepper to taste

### Instructions:

#### *Pork Chops*

1. Warm cast iron pan on stove to medium high heat
2. Place pork chops on a plate and cover pork chops in cinnamon, thyme, salt and pepper on both side and press into the pork chop.
3. While grill heats up, place a small saucepan over medium heat on your stove top and add your blackberries, balsamic vinegar, water, and a pinch of salt.
4. Let the sauce begin to mix together, stirring frequently to make sure it doesn't burn on the bottom
5. Turn heat to low and let the sauce simmer for about 3-5 minutes
6. Then pour half of the sauce into a bowl (you can leave the blackberries in the saucepan because you'll just use them to top your chops off later)
7. Use a glazing brush to glaze one side of your pork chop then place glazed side down onto your grill
8. Then glaze the other side, cover grill and let cook for 5-7 minutes per side. Make sure your chop is cooked on both sides and cook completely through before removing from grill.
9. Once pork chops are all done cooking, add to plate and top with your leftover blackberry sauce that has been simmering and thickening up

#### *Roasted Broccoli*

1. **Preheat oven to 400 degrees F.**
2. Prepare broccoli and drizzle with olive oil, salt and pepper. Toss to combine.
3. Line cookie sheet with parchment paper. Spread broccoli onto prepared sheet

**Swamp Rabbit Cafe Maple Cashew Stir Fry**  
**GF, DF, V**

**Ingredients:**

Swamp Rabbit Cafe Maple Cashew Stir Fry  
2 cups Lundberg Rice, prepared per instructions

**Instructions:**

1. Prepare Swamp Rabbit Maple Cashew Stir Fry per instructions
2. 2 cups Jasmine rice, prepared per instructions

## MEPD Shopping List

### Produce:

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

#### Includes:

Strawberries - 1 Pound - Local, Organic - Cottle Farm  
Red Kale - 8 Ounces - Local, Organic - R Farm  
Baby Green Garlic - 1 Bunch - Local, Organic - New Appalachia  
Zucchini - 1 Pound - FL, Organic - Lady Moon Farm  
Carrots - 1 Bunch - Local, Organic - Cottle Farm  
Sweet Potatoes - 4 Pieces - Local, Organic - Triple J Farm  
Butterhead Lettuce - 1 Head - Local, Hydro Grown - LL Urban Farm  
Spinach - 8 Ounces - Local, Organic - R Farm  
Blackberries - 6 Ounces - CA, Organic - Crosset Organics  
Broccoli - 1 Pound - GA, Organic - Crosset Organics

### Add-On Produce:

[Garlic \\$2.99](#)

[Lemon \\$3.99](#)

[Basil \\$2.99](#)

[Thyme \\$2.99](#)

### Eggs/Dairy:

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

[Ashe County Mozzarella \\$6.49](#)

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

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

### Meat/Protein:

[HNG Pork Chops x 2 \\$19.98](#)

### Prepared:

[Rio Bertolini Whole Wheat Pizza Dough \\$2.99](#)

[Swamp Rabbit Cafe Maple Cashew Stir Fry \\$9.99](#)

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

### Pantry:

[Jasmine Rice \\$6.99](#)

**Total: \$125.36**

**Price Per Serving: \$6.26 (MEPD)**

## Pantry (Items outside of MEPD)

### Oils/Fats:

Olive oil  
Unsalted butter

### Vinegar:

Balsamic vinegar

### Herbs/Spices:

Salt  
Pepper  
nutmeg

### Condiments/Sweeteners:

Honey