



*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 5-1-2018

Southern Style Focaccia Bread with Mixed Lettuce Salad

One Pan Sweet Potato, Chicken and Broccoli Bake

Penne Pasta with Asparagus, Tomato and Spinach

Blue Dream Curry House Pisgah Panang Curry with Shrimp and Vegetables

Madison Pot Pie "Roasted Veggie"

Southern Style Focaccia Bread with Mixed Lettuce Salad

GF, V

<p>Ingredients: Ingredients: <i>Focaccia</i> Eat More Bakery GF Focaccia Bread, thawed True South El Diablo Pimento Cheese 2 Vidalia Onions, thinly sliced Olive oil Salt and Pepper</p> <p><i>Mixed Lettuce Salad</i> Greenshine Farm Mixed Lettuce Salad Bragg's Healthy Vinaigrette Salt and pepper to taste</p>	<p>Instructions: <i>Focaccia</i></p> <ol style="list-style-type: none"> 1. Preheat oven to 400. 2. Saute onions in a little olive oil and seasoned lightly with salt and pepper. 3. Place the thawed focaccia bread on a pan and top with sauteed onions and dallops of pimento cheese 4. Bake until cheese is melted and onions are crisp, approx 10 minutes. <p><i>Mixed Lettuce Salad</i></p> <ol style="list-style-type: none"> 1. Assemble mixed greens in serving bowl. Dress with Bragg's Healthy Vinaigrette and season with salt and pepper as desired. Serve with warmed focaccia.
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One Pan Sweet Potato, Chicken and Broccoli Bake

GF, DF

<p>Ingredients: 1 lb. Queen B Pastured Chicken Breasts, thawed and cubed 1 bunch broccoli, chopped 2 large sweet potatoes, ¼ inch small cubes 2/3 cup red onion, chopped 2 cloves garlic, minced</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Preheat oven to 375 °F. 2. Line a baking sheet with parchment paper. 3. On the pan, combine the broccoli, sweet potato, onion, garlic, raisins and walnuts. Drizzle with oil, add seasonings, salt and pepper and toss to coat. Spread
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<p>1/4 cup dried cranberries 3 Tbsp. chopped walnuts 1/3 cup olive oil 1 ½ tsp. Italian seasoning, dried 1/2 tsp. Salt ¼ tsp. Pepper</p>	<p>evenly amongst the pan, cover with foil and bake for 12 minutes.</p> <p>4. After the 12 minutes remove from oven, add chicken, toss and place back in oven to bake for another 8 minutes. Then again remove from oven, toss once more and place back in oven without foil this time and bake for another 5-10 minutes or until chicken is cooked through and sweet potatoes are soft.</p>
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Penne Pasta with Asparagus, Tomato and Spinach
GF*, V

<p>Ingredients:</p> <p>1/2 lb penne pasta*, cooked per instructions 2 Tbsp. olive oil (divided) 2 slicer tomatoes, chopped ½ Lb. asparagus, woody ends removed, chopped 2 large cloves of garlic, minced Dash of crushed red pepper flakes (more if desired) 1 bunch of spinach, washed and stemmed 2 Tbsp. toasted pine nuts Salt and pepper, to taste Organic Valley Parmesan Cheese</p> <p>*GF Option: Use Tinkyada GF Pasta</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare the penne in salted water per instructions. Drain reserving 1/4 cup of cooking liquid. 2. While the pasta is cooking, heat a teaspoon of olive oil in a large skillet over medium heat. Add the slicer tomatoes and chopped asparagus; cook, stirring often, for 3-4 minutes. 3. Add the remaining olive oil to the pan then add the minced garlic and crushed red pepper flakes. Cook, stirring constantly, for 1 minute. 4. Add the penne along with the spinach, pine nuts, and some reserved liquid if needed. Season well with sea salt and freshly cracked pepper, to taste; toss to coat evenly. Pour into a serving bowl and serve with Parmesan cheese. Enjoy.
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Blue Dream Curry House Pisgah Panang Curry with Shrimp and Vegetables
GF*, DF

<p>Ingredients:</p> <p>Blue Dream Curry House Panang Curry Sauce 1 Lb. Sustainably Harvested Shrimp, thawed and peeled 1 Lb. Green Beans, washed, ends trimmed 2 pcs. Yellow Squash, washed and chopped 2 cups Jasmine Rice, prepared per instructions Olive oil</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare rice per instructions 2. Prepare shrimp and vegetables and place into oiled skillet on medium heat. When vegetables are tender, pour over Pisgah Panang Curry Sauce. Reduce heat to medium low and simmer for about 10 minutes. 3. Serve curry over rice in bowls.
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Madison Pot Pie "Roasted Veggie"

V

Ingredients:

Pot Pie

Family Sized Roasted Veggie Pot Pie

Instructions:

Pot Pie

1. Prepare pot pie per instructions on outer wrapping.

MEPD Shopping List

Produce:

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

Includes:

Strawberries - 1 Pound - Local, Organic - Uncle Henry's Farm

Broccoli - 1 Bunch - GA, Organic - McClellan Organics

Spinach - 5 Ounces - Local, Organic - Cottle Farm

Mixed Salad Lettuce - 5 Ounces - Local, Organic - Greenshine Farm

Vidalia Onions - 2 Pieces - GA, Organic - Oso Sweet

Slicer Tomatoes - 2 Pieces - Local, No-Spray - Sunburst Tomatoes

Sweet Potatoes - 4 Pieces - Local, Organic - Watkins Farm

Green Beans - 1 Pound - FL, Organic - Crosset Organics

Yellow Squash - 2 Pieces - FL, Organic - Lady Moon Farm

Asparagus - 1/2 Pound - Local, No-Spray - Monetta Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Red Onions \\$2.99](#)

Meat:

[1 Lb. Sustainably Harvested Shrimp \\$17.95](#)

Dairy:

[True South Fl Diablo Pimento Cheese \\$6.99](#)

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

Prepared:

[Blue Dream Curry House Panang Curry Sauce \\$7.99](#)

[Family Sized Roasted Veggie Pot Pie \\$17.99](#)

Pantry:

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

[Jasmine Rice \\$6.99](#)

Bakery:

[Eat More Bakery GF Focaccia Bread \\$6.99](#)

Total: \$125.35

Price Per Serving: \$6.26

Pantry

Oils/Fats:

Olive oil

Unsalted butter

Herbs/Spices:

Salt

Pepper

Italian seasoning

Crushed red pepper flakes

Nuts/Seeds/beans:

Walnuts

Pine nuts

Grocery:

Dried cranberries