



***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 5-29-2018

Deviled Eggs with Sunburst Smoked Trout and Kale Salad

Penne with Dandelion Greens and Mixed Green Salad

Grilled Chicken Breast & Zucchini and Baby Leeks with Walnut and Herbs

Sweet Potato Buddha Bowl

Broccoli Agrodolce with Butternut Squash Polenta

Deviled Eggs with Sunburst Smoked Trout and Kale Salad

GF, DF

Ingredients:

Deviled Eggs

12 eggs
 1/2 cup mayonnaise
 2 Tbsp. olive oil
 2 tsp. fresh lemon juice
 1/2 tsp. dry mustard
 1/2 tsp. Lusty Monk Mustard
 1/4 tsp. cayenne pepper
 salt and freshly ground black pepper, to taste
 1/4 cup shredded Sunburst Farm Smoked Trout
 Smoked paprika, minced chives, and thinly shaved red onion, to garnish (optional)

Kale Salad

1 bunch 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:

Deviled Eggs

1. Put eggs into a 4-qt. pot of water and bring to a boil. Remove pan from heat, cover, and let sit 15 minutes. Drain eggs and crack each shell slightly. Transfer eggs to a bowl of ice water and let cool. Peel eggs. Halve each egg; using a small spoon, transfer yolks to a fine strainer set over a bowl. Using a rubber spatula, sieve yolks through strainer. Add mayonnaise, oil, lemon juice, mustards, and cayenne. Season with salt and pepper and stir vigorously with spatula until smooth.
2. Transfer mixture to a plastic bag or a piping bag fitted with a smooth tip and pipe into egg whites. Top each egg with a bit of trout; garnish with smoked paprika, chives, and red onion, if you like. Serve cold or at room temperature.

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.

Penne with Dandelion Greens and Mixed Green Salad

GF*, V

Ingredients:

Salt
1/4 cup olive oil
6 large cloves garlic, thinly sliced
1/4 cup pine nuts
1 bunch dandelion greens, trimmed and cut into 2-inch lengths
1 Tbsp. balsamic vinegar
ground black pepper
12 oz. penne pasta*
2 oz. Organic Valley Parmesan, grated

*Use Tinkyada GF Penne for GF option

Mixed Green Salad

5 oz. Local Mixed Greens
2 slicer tomatoes, diced and seeded

Balsamic Vinaigrette

1 Tbsp. olive oil
1/2 tbsp. balsamic vinegar
1 Tbsp. lemon juice
1/4 tsp. salt (or to taste)
1/4 tsp. ground black pepper (or to taste)

Instructions:

Penne

1. Bring a large pot of well-salted water to a boil.
2. Meanwhile, cook the oil and garlic in a heavy-duty 12-inch skillet over medium heat, stirring occasionally with a slotted spoon, until the garlic is golden, 3 to 5 minutes. Transfer the garlic to paper towels to drain.
3. Add the pine nuts to the skillet and cook, stirring frequently, until golden, about 1 minute. Transfer to the paper towels with the garlic.
4. Add the greens to the skillet and cook, stirring, until wilted, 1 to 2 minutes. Stir in the vinegar and season to taste with salt and pepper. Keep warm over low heat.
5. Boil the pasta according to package directions. Reserve 1 cup of the pasta cooking water and drain. Add the pasta to the skillet and toss with the greens. Add the garlic, pine nuts, and half of the cheese, and toss to combine, adding some of the pasta cooking water to moisten, if necessary. Serve garnished with some of the remaining cheese, and pass the rest at the table.

Mixed Greens

1. Make the dressing: Combine the balsamic vinegar, lemon juice, salt and pepper in a small bowl and mix well. Set aside.
2. In a large salad bowl, combine the remaining ingredients.
3. Pour the dressing into the salad and toss to coat.

Grilled Chicken Breast & Zucchini and Baby Leeks with Walnut and Herbs

GF, DF

Ingredients:

Grilled Chicken Breast
2 Tbsp. olive oil
1 Lb. Queen B pastured chicken breasts
1 lemon, halved
Salt and ground black pepper
1/4 c. fresh parsley

Zucchini and Leeks

1/3 cup walnuts
1 garlic clove, finely grated
2 Tbsps. fresh lemon juice
5 Tbsps. olive oil, divided
salt
black pepper

Instructions:

Grilled Chicken

1. Preheat grill on high, 5 minutes. Once hot, carefully use tongs to rub an oiled paper towel over grates to clean and ensure no food residue or dirt.
2. Drizzle olive oil on chicken breast and cut sides of lemon, then season chicken generously with salt and pepper. Using long tongs, place chicken breasts on grill and cook, covered on high, 3 minutes. Flip breasts and continue cooking on high, 3 more minutes.
3. Reduce grill heat to low and flip chicken again. Place lemons, cut side down, on grill. Cover and continue cooking, 3 minutes more. Flip chicken again and cook 3 more minutes on low, or until a meat thermometer reads 160° when inserted into the thickest part of the meat.

<p>1 bunch baby leeks, white and pale-green parts only, halved lengthwise with some root attached 2 zucchini, halved lengthwise 1/2 cup (lightly packed) fresh flat-leaf parsley leaves with tender stems</p>	<p>4. To serve, remove chicken and lemons to plate. Squeeze grilled lemon on chicken and top with parsley.</p> <p><i>Zucchini and Leeks</i></p> <ol style="list-style-type: none"> 1. Prepare grill for medium-high heat. Toast walnuts in a dry small skillet over medium heat, tossing often, until fragrant, about 5 minutes. Chop very coarsely. Toss warm walnuts with garlic, lemon juice, and 3 tablespoons oil in a large bowl; season with salt and pepper. 2. Brush leeks and zucchini with remaining 2 tablespoons oil; season with salt and pepper. Grill vegetables, turning often, until tender and charred in spots, 5-8 minutes for leeks, 8-10 minutes for zucchini. 3. Transfer vegetables to a cutting board. Trim roots from leeks and cut leeks and zucchini into bite-size pieces. Add vegetables and parsley to bowl with walnuts and toss to combine; season vegetables with salt, pepper, and more lemon juice, if desired.
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<p>Sweet Potato Buddha Bowl GF, DF</p>	
<p>Ingredients:</p> <p>4 cups cooked quinoa 4 sweet potatoes peeled and cut into 1/2 inch pieces 1 Tbsp. olive oil salt and pepper to taste 15 oz. chickpeas rinsed and drained 1 bunch spinach, washed, dried, stemmed and torn 1/4 cup roasted cashews 1 avocado peeled, pitted and thinly sliced 1/4 cup tahini 1 Tbsp. lemon juice 2 tsps. maple syrup</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Preheat the oven to 400 degrees. Line a sheet pan with parchment paper. 2. Place the chickpeas on one side of the pan and the sweet potatoes on the other side of the pan in a single layer. 3. Drizzle the olive oil over the sweet potatoes and chickpeas and season to taste with salt and pepper. 4. Bake for 25 minutes, or until sweet potatoes are tender and chickpeas are browned and crispy. 5. Divide the quinoa evenly between 4 bowls. 6. Divide the sweet potatoes, chickpeas, spinach, cashews and avocado evenly between the 4 bowls, arranging on top of the quinoa. 7. In a small bowl whisk together the tahini, lemon juice, maple syrup and salt and pepper to taste. 8. Drizzle the tahini dressing over the Buddha bowls and serve immediately.

Broccoli Agrodolce with Butternut Squash Polenta

GF, V

Ingredients:

Agrodolce (Italian sweet and sour sauce)

- 1 cup Balsamic vinegar
- 1 cup local honey
- 2 garlic cloves chopped
- 2 spring onions, chopped
- 2 sprigs of fresh rosemary chopped
- 1 Tbsp. butter

Broccoli

- 1 Lb. broccoli, washed and chopped, stems peeled and chopped
- 4 Tbsps. olive oil
- 2 cloves crushed garlic
- Salt and fresh ground black pepper

Polenta

- 1 quart Swamp Rabbit Cafe Butternut Squash Polenta, thawed*
- *Thawing ahead of time dramatically shortens the cooking time

Instructions:

Agrodolce

1. Add the vinegar, honey and garlic to a small saucepan and bring to a slight boil over medium heat. Reduce heat and add scallions and rosemary.
2. Simmer for about 5 minutes.
3. Remove from heat and stir in the butter. Pour over broccoli.

Broccoli

1. Heat the olive oil in a 10" skillet over medium-low heat.
2. Add the garlic and cook for 1 minute.
3. Add the broccoli, salt and pepper and toss with the olive oil and garlic until the broccoli turns bright green and becomes tender.
4. Remove from the skillet and serve with agrodolce sauce, atop butternut squash polenta

Polenta

1. Bake the polenta per instructions

MEPD Shopping List

Produce:

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

Includes:

Blueberries - 1 Pint - Local, Organic
Spinach - 1 Bunch - Local, Organic
Mixed Green Salad Mix - 5 Ounces - Local, Organic
Broccoli Crowns - 1 Pound - Local, Organic
Red Dandelion - 1 Bunch - Local, Organic
Zucchini - 2 Pieces - Local, Organic
Green Kale - 1 Bunch - Local, Organic
Sweet Potatoes - 4 Pieces - Local, Organic
Baby Leeks - 1 Bunch - Local, Organic
Slicer Tomatoes - 2 Pieces - Local, No-Spray

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Parsley \\$2.99](#)

[Avocado \\$4.99](#)

[Spring onions \\$2.99](#)

[rosemary \\$2.99](#)

Pantry:

[Penne pasta \\$3.99](#)

[Quinoa \\$8.99](#)

[Chickpeas \\$4.49](#)

Dairy/Eggs:

[1 Dozen Queen B Farms pastured eggs \\$5.99](#)

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

Meat:

[Sunburst Smoked Trout \\$9.99](#)

[1 Lb. Queen B pastured chicken breasts \\$11.99](#)

Total: \$111.37

Price Per Serving: \$5.56

Pantry

Oils/Fats:

Olive oil
butter

Vinegar:

Balsamic vinegar

Herbs/Spices:

Salt
Pepper
dry mustard
Cayenne pepper

Nuts/Seeds:

Walnuts
Pine nuts
cashews

Condiments/Sweeteners:

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

Mayonnaise
Maple syrup
Tahini