



*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 6-13-2017**

**Blackened Mahi Mahi, Cucumber Salad and Jasmine Rice**  
**Roasted Beet Salad, Garlicky Green Beans and Ciabatta with Balsamic Dipping Sauce**  
**Pastured Chicken with Onions and Garlic with Sauteed Kale**  
**Blueberry Quinoa Bowl and Roasted Broccoli**  
**Local Taco Kit with Mexican Style Street Corn**

### **Blackened Mahi Mahi, Cucumber Salad and Jasmine Rice** **GF, DF**

#### **Ingredients:**

##### *Mahi Mahi*

1 Lb. Mahi Mahi  
 Blackened seasoning  
 2 Tbsp. coconut oil  
 1 avocado, sliced  
 Lemon wedges, for serving

##### *Cucumber Salad*

2 cucumbers, thinly sliced  
 ½ cup apple cider vinegar  
 ½ cup water  
 2 Tbsp. sugar (or sugar alternative)  
 ½ tsp. salt  
 ¼ tsp. pepper

##### *Jasmine Rice*

2 cups Jasmine Rice  
 4 cups water  
 1 tsp. Salt  
 Olive oil

#### **Instructions:**

##### *Mahi Mahi*

1. Thaw frozen Mahi Mahi.
2. Spread blackening seasoning on a plate. Heat a medium sized skillet over medium heat. While pan is heating, dredge the fish filets in the spice rub and coat evenly. When the pan is warm, add the coconut oil, and cook the spice rubbed fish until cooked through. Cooking time will depend on the thickness of the fish. Typically, this will take 3-4 minutes per side.
3. Serve warm. Top with avocado and wedges of lemon.

##### *Cucumber Salad*

1. Place cucumbers in a small glass bowl.
2. In a tightly covered container, shake the remaining ingredients and pour over cucumbers. Cover and refrigerate until ready to serve.
3. Drain cucumbers.

##### *Jasmine Rice*

1. Prepare Jasmine Rice per instructions.

**Roasted Beet Salad, Garlicky Green Beans and Ciabatta with Balsamic Dipping Sauce**  
**V, DF\*, GF\***

**Ingredients:**

*Beet Salad*

1 bunch beets, peeled, and chopped  
 2 Tbsp. olive oil  
 6 oz. Hydro Lettuce, washed and torn  
 6 oz. Garlic and Herbs Goat Cheese, crumbled  
 ½ cup walnuts, coarsely chopped  
 Bragg's Healthy Vinaigrette

*Garlicky Green Beans*

1 pound fresh green beans, trimmed and snapped in half  
 3 Tbsp. butter  
 3 cloves garlic, minced  
 2 pinches pepper  
 salt to taste

*Ciabatta with Balsamic Dipping Sauce*

Rhu Bakery Ciabatta Bread, sliced and toasted  
 olive oil and balsamic vinegar for dipping

\*GF version- Eat More Bakery Herbed Focaccia

**Instructions:**

*Beet Salad*

1. Preheat oven to 425 degrees F. Peel beets and trim the stems. Chop beets into bite sized pieces and drizzle with olive oil. Toss well to combine. Spread beets onto parchment paper lined baking sheet, and roast in preheated oven for 30 minutes, or until tender.
2. Set beets aside to cool. Place washed and stemmed lettuce in a serving bowl. Top with crumbled goat cheese, chopped walnuts, and beets. Drizzle Bragg's Healthy Vinaigrette over top, and toss well to combine.

*Garlicky Green Beans*

1. Place green beans into a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter is melted, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with pepper and salt

*Ciabatta with Balsamic Dipping Sauce*

1. Slice Rhu Bakery Ciabatta Bread, or Eat More Bakery Herbed Focaccia into strips lengthwise. Toast.
2. Prepare serving bowl with 1/2 cup olive oil, and 3 Tbsp. balsamic vinegar. Add salt and pepper if desired. Dip focaccia into olive oil and balsamic.

**Pastured Chicken with Onions and Garlic with Sauteed Kale**  
**GF, DF**

**Ingredients:**

*Chicken*

1 whole chicken, thawed and cut into 8 pieces  
 1 tablespoon unsalted butter, softened

**Instructions:**

*Chicken*

1. Preheat oven to 475 degrees. Rinse chicken pieces; pat dry. Brush chicken with butter, and sprinkle with salt and pepper.

<p>2 teaspoons coarse salt  1 teaspoon freshly ground pepper  2 sweet yellow onions, quartered lengthwise  10 garlic cloves, peeled  6 sprigs thyme, plus more for garnish</p> <p><i>Kale</i>  1 bunch kale, washed, stemmed and torn  2 Tbsp. olive oil  Salt and pepper to taste</p>	<ol style="list-style-type: none"> <li>Place chicken in a small roasting pan. Arrange onions, garlic, and thyme sprigs over and under chicken. Roast; after 20 minutes, baste with pan drippings. Continue roasting until chicken is golden and cooked through, 15 to 20 minutes more. Transfer the chicken to a platter, and set aside.</li> <li>Pour pan drippings through a sieve into a small bowl; discard solids. Arrange onions and all but three garlic cloves around chicken on platter. Whisk remaining garlic cloves with pan juices. Strain juices again; discard solids. Pour sauce over chicken; serve garnished with thyme sprigs.</li> </ol> <p><i>Kale</i></p> <ol style="list-style-type: none"> <li>Heat olive oil in a large saucepan over medium-high heat.</li> <li>Cover and cook for 5 minutes.</li> <li>Remove cover and season with salt and pepper to taste.</li> </ol>
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<p align="center"><b>Blueberry Quinoa Bowl and Roasted Broccoli</b>  <b>GF, DF, V</b></p>	
<p><b>Ingredients:</b></p> <p><i>Quinoa Bowl</i>  2 cups uncooked quinoa  2 cups blueberries  2 avocados, pitted and cubed  1 bunch spinach, washed, stemmed and chopped  1 cup walnuts, toasted and chopped  Bragg's Healthy Vinaigrette</p> <p><i>Roasted Broccoli</i>  1 bunch broccoli, cut into bite sized pieces. Stalk peeled and chopped  Olive oil  Salt and pepper</p>	<p><b>Instructions:</b></p> <p><i>Quinoa Bowl</i>  1. Prepare quinoa according to package directions; cool.  2. Combine cooled quinoa, blueberries, avocado, spinach and walnuts.  3. Drizzle with Bragg's Healthy Vinaigrette and toss well to combine. Serve quinoa bowl with roasted broccoli</p> <p><i>Roasted Broccoli</i>  1. Preheat oven to 400 degrees.  2. Place broccoli in mixing bowl, and drizzle with olive oil. Season with salt and pepper. Toss well to coat.  3. Line a baking sheet with parchment paper. Spread coated broccoli on parchment paper. Place in oven and bake for 20 minutes.</p>

<p align="center"><b>Local Taco Kit with Mexican Style Street Corn</b>  <b>GF, DF*</b></p>	
<p><b>Ingredients:</b></p> <p><i>Tacos</i>  Hickory Nut Gap Grass-Fed Beef - 1 Pound</p>	<p><b>Instructions:</b></p> <p><i>Tacos</i></p>

<p>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</p> <p><i>Corn</i>  Mexican Style Street Corn  6 pcs. Corn on the cob, shucked  3 Tbsps. mayonnaise  3 Tbsps. fresh squeezed lime juice  ¼ tsp. chili powder  Salt and pepper to taste</p>	<ol style="list-style-type: none"> <li>1. Thaw beef. Chop onion, lettuce and tomato. Shred cheddar cheese, and set aside.</li> <li>2. Prepare skillet with olive oil over medium high heat. Brown beef, onion and skillet sauce. Simmer per instructions.</li> <li>3. Warm tortillas in oven in foil.</li> <li>4. Assemble tacos with tortillas, seasoned beef, lettuce, tomato, cheddar cheese and salsa.</li> </ol> <p><i>Corn</i></p> <ol style="list-style-type: none"> <li>1. Prepare a grill, with heat medium-high and rack about 4 inches from the fire. Put corn on grill and cook until kernels begin to char, about 5 minutes, then turn. Continue cooking and turning until all sides are slightly blackened.</li> <li>2. Mix together mayonnaise, lime juice, chili powder and some salt and pepper in a small bowl. Taste and adjust seasoning, adding more lime juice or chili powder if you like. Serve corn with chili-lime mayo.</li> </ol>
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<p><b>MEPD Shopping List</b></p> <p><b>Produce:</b>  <a href="#">Medium Sized Bin \$38</a>  Includes:  Blueberries - 1 Pint - Local, Organic  Green Beans - 1 Pound - Local, Organic  Green Kale - 1 Bunch - Local, Organic  Sweet Corn - 6 Ears - Local, Organic  Spinach - 1 Bunch - Local, Organic  Cucumbers - 2 Pieces - Local, Organic  Broccoli - 1 Pound - Local, Organic  Hydro Lettuce - 6 Ounces - Local, Organic  Red Beets - 1 Bunch - Local, Organic  Sweet Yellow Onion - 1 Pound - GA, Organic</p> <p><b>Add-On Produce:</b>  <a href="#">Garlic \$2.99</a>  <a href="#">Lemons \$2.99</a>  <a href="#">Avocados \$4.99</a></p> <p><b>Meat:</b>  <a href="#">1 Lb. Mahi Mahi \$16.95</a>  <a href="#">Whole Chicken \$14.97</a></p> <p><b>Dairy:</b>  <a href="#">Garlic and Herb Goat Cheese \$6.99</a></p> <p><b>Prepared:</b>  <a href="#">Local Taco Kit \$29.99</a></p> <p><b>Pantry:</b>  <a href="#">Jasmine Rice \$6.99</a>  <a href="#">Bragg's Healthy Vinaigrette \$6.49</a>  <a href="#">Quinoa \$8.99</a></p>	<p><b>Pantry</b></p> <p><b>Oils/Fats:</b>  Olive oil  Coconut oil  Unsalted butter</p> <p><b>Vinegar:</b>  Balsamic Vinegar  Apple cider vinegar</p> <p><b>Herbs/Spices:</b>  Salt  Pepper  Blackened seasoning  Sugar  Chili powder</p> <p><b>Condiments:</b>  Mayonnaise</p> <p><b>Nuts/Seeds:</b>  Walnuts</p> <p><b>Produce:</b>  limes</p>
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**Bakery:**

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

**Total: \$146.33**

**Price Per Serving: \$7.31**