



*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 6-19-2018

Sweet Corn Soup and Yellow Wax Bean Salad with Chunky Tomato Dressing & Goat Cheese

Roasted Plum and Avocado Summer Salad with Rhu Bakery Ciabatta

Asian Miso Ginger Hempeh Collard Wrap with Avocado Cilantro Dressing

Grilled Pork Chops with Caramelized Peaches & Grilled Spring Red Onions

**Blueberry Zucchini Bread with Grass-fed Vanilla Yogurt and Pete's Extraordinary
Granola...No really...it is EXTRAORDINARY!**

Sweet Corn Soup and Yellow Wax Bean Salad with Chunky Tomato Dressing & Goat Cheese GF, V

Ingredients:

Sweet Corn Soup

4 Tbsp. butter
1 onion, diced
Salt to taste
6 ears corn
1 quart water
Goat cheese, optional

Wax Bean Salad

1 Lb. wax beans, trimmed
2 cups chopped slicer tomatoes
1 Tbsp. balsamic vinegar
2 tsps. olive oil
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
1/2 cup thinly sliced fresh basil
½ cup crumbled Three Graces Dairy Garlic
and Herb Goat Cheese
5 oz. Mixed Green Salad Mix, washed and
dried

Instructions:

Sweet Corn Soup

1. Melt butter in a heavy bottomed pan over medium heat.
2. Add onion, and cook until soft, without browning, about 15 minutes. Season with salt.
3. Cut the kernels from the cob. Add the kernels to the cooked onion and cook for 2-3 minutes. Cover with water.
4. Bring to a boil. Immediately lower the heat to a simmer, and cook until corn is just done, about 5 minutes. Remove from the heat and puree in batches in a blender. BE CAREFUL! Make sure there is an air vent to allow the steam to escape. Taste and adjust for salt as needed.
5. Garnish with goat cheese if desired

Wax Bean Salad

1. Cook wax beans in boiling water 5 minutes or until crisp-tender. Drain and rinse with cold water.
2. Combine the tomato, balsamic, olive oil, salt and pepper in a bowl. Place beans in separate bowl.
3. Portion mixed lettuce greens onto 4 plates, and top with yellow wax bean salad, then spoon 1/4 cup tomato mixture over the beans. Sprinkle with 1 Tbsp. sliced basil and 1 Tbsp. goat cheese.

Roasted Plum and Avocado Summer Salad with Rhu Bakery Ciabatta
GF*, DF, V

Ingredients:

Plum Salad

- 1 Lb. Red Heart Plums, pitted and quartered
- 2 ripe avocados, roughly chopped
- 5 oz. arugula
- ¼ cup fresh lime juice
- ½ cup olive oil
- 1 ½ tsps. honey
- 1 tsp. black pepper

Rhu Bakery Ciabatta, sliced*

*GF: Substitute Eat More Bakery Focaccia, or Biscuits

Instructions:

1. Preheat oven to 400 F. Line a baking sheet with parchment paper and set aside.
2. Rough chop plums, transfer to baking sheet and cook for 15 minutes. Meanwhile add avocado and arugula to large serving bowl.
3. In a small jar combine lime juice, olive oil, honey and pepper. Fit tightly with lid and shake.
4. Add plums to serving bowl and dress with desired amount of vinaigrette. Toss salad, adjust amount of dressing if needed and serve.

Asian Miso Ginger Hempeh Collard Wrap with Avocado Cilantro Dressing
GF, DF, V

Ingredients:

- 8 medium collard leaves
- 2 cups shredded red cabbage
- 1 kent mango, peeled, pitted and chopped
- 2 red spring onions, chopped
- Juice of 1 lime, plus wedges for serving
- Salt to taste
- 8 oz. Smiling Hara Asian Miso Ginger Hempeh, sauteed in olive oil and set aside
- 1 avocado cubed
- Chopped cilantro
- Avocado Dressing (see below)

Avocado Dressing

- 1 large avocado
- ¼ cup olive oil
- 1 handful fresh cilantro, chopped
- ½ tsp cayenne pepper
- 3 cloves garlic
- Juice of 1 lime
- 1 Tbsp honey
- 2 Tbsp apple cider vinegar
- ¼ cup water

Instructions:

1. Make the avocado dressing.
2. In a medium bowl, mix together the shredded cabbage, red spring onions, lime juice, lime zest, and a few generous pinches of salt. Chill for at least 10 minutes, or until ready to use. Taste and adjust seasonings just before you serve.
3. Prepare a medium pot of salted boiling water and a large bowl of ice water. Dip the collard leaves one at a time into the boiling water for 10 to 20 seconds until they turn bright green. Remove and immediately immerse into the ice water to cool for about 15 seconds. Place on papers towels to dry. Repeat with the remaining collard leaves. Before assembling, trim off the coarse part of the stem.
4. Assemble the wraps with the hempeh strips, the cabbage slaw, avocado and cilantro.

Avocado Dressing

1. Add all of the ingredients to a blender or food processor and blend until creamy. You can add more water for a thinner consistency, if desired.
2. Optimal flavor profile comes about when ingredients have had more time to merge.

Grilled Pork Chops with Caramelized Peaches & Grilled Spring Red Onions

GF, DF

Ingredients:

Pork Chops

4 Balsam Gardens Boneless Pork Chops, thawed in refrigerator

Olive oil for brushing, plus 2 tsp.

Salt and pepper to taste

1 Lb. peaches, quartered and pitted

2 Tbsp. maple syrup

3 tsp. Balsamic vinegar

Red Spring Onions

1 bunch spring onions (minus 2 from collard wraps)

Olive oil for brushing

Salt and pepper

Instructions:

Pork Chops

1. Remove the pork chops from the refrigerator, and let stand for 30 minutes.
2. Brush the chops with lightly with olive oil and season with salt and pepper. In a bowl combine the peaches, maple syrup and the 2 tsp. olive oil. Season with pepper and toss to coat evenly. Set aside.
3. Prepare a medium hot fire in a grill, or preheat a cast iron grill pan on the stovetop over medium heat.
4. Place the chops on the grill rack over the hottest part of the fire, or in the grill pan and cook until golden, about 2 minutes. Move the pork chops to a cooler part of the grill or reduce heat and cook until the pork is firm and cooked throughout but not dry, 3-4 minutes per side. Place the peaches over direct heat and sear, turning with tongs, until the cut sides are golden, 30-60 seconds total.
5. Transfer the chops and peaches to a platter and drizzle sparingly with the vinegar.

Blueberry Zucchini Bread with Grass-fed Vanilla Yogurt and Pete's Extraordinary Granola

GF*, V

Ingredients:

Blueberry Zucchini Bread

2 Queen B Pastured eggs

¾ cup coconut sugar

¾ cup of melted Happy Cow Creamery Unsalted Butter

1 ¾ cup flour*

1/2 tsp. salt

¾ tsp. baking soda

2 tsps. baking powder

1 cup grated zucchini

1 pint blueberries, fresh or frozen

*Use GF All Purpose flour. King Arthur's works well!

Parfait

1 quart Wholesome Country Creamery Grass-fed Vanilla Yogurt

1 pouch Pete's Extraordinary Granola

Instructions:

Blueberry Zucchini Bread

1. Preheat oven to 350°F. Grease and flour one 5 x 9 loaf pan or line with parchment paper.
2. Beat the eggs and sugar together. Add in the oil and continue to beat. Stir in the zucchini.
3. Mix together the flour, salt, baking soda and baking powder. Next add it to the wet mixture and stir well. Fold in the blueberries then pour the mixture into the loaf pan. Bake for an hour, or until a toothpick inserted into the center of the bread comes out clean.
4. Allow the bread to cool for 15 minutes before slicing.

Parfait

1. Portion yogurt into 4 serving bowls.
2. Top with Pete's Extraordinary Granola
3. Enjoy!

MEPD Shopping List

Produce:

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

Includes:

Blueberries - 1 Pint - Local, Organic - Southern Belle Farm
Peaches - 6 Pieces - Local, IPM - New Appalachia
Sweet Corn - 6 Ears - GA, Non-GMO - Crosset Organics
Mixed Green Salad Mix - 5 Ounces - Local, Organic - Greenshine Farm
Slicer Tomatoes - 2 Pieces - Local, No-Spray - Sunburst Farm
Yellow Wax Beans - 1 Pound - Local, Organic - Cottle Farm
Zucchini - 1 Pound - Local, Organic - Cottle Farm
Red Heart Plums - 1 Pound - Local, IPM - Burton Farm
Collard Greens - 1 Bunch - Local, Organic - Cottle Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Red Spring onions \\$2.99](#)

[Vidalia onions \\$2.99](#)

[Basil \\$2.99](#)

[Arugula \\$4.99](#)

[Red cabbage \\$4.99](#)

[Kent mango \\$2.99](#)

[Avocados x 2 \\$9.98](#)

[Cilantro \\$2.99](#)

Meat/Protein:

[Smiling Hara Asian Miso Ginger Hempeh \\$6.99](#)

[2 packages Hickory Nut Gap Farm Boneless Pork Chops \(2 per package\) \\$19.98](#)

Dairy/Eggs:

[Three Graces Dairy Garlic and Herb Goat Cheese \\$6.99](#)

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

[1 quart Wholesome Country Creamery Grass-fed Vanilla Yogurt \\$6.99](#)

Bakery:

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

Pantry:

[1 pouch Pete's Extraordinary Granola \\$7.99](#)

Total: \$136.82

Price Per Serving: \$6.84

Pantry

Oils/Fats:

Olive oil

[Happy Cow Creamery Unsalted butter \\$11.99](#)

Vinegar:

Apple Cider Vinegar

Balsamic Vinegar

Herbs/Spices:

Salt

Pepper

Cayenne pepper

Sweetener:

Coconut sugar

Honey

Maple syrup

Grocery:

All purpose flour

Baking powder

Baking soda

Produce:

Limes