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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

## **Meal Plan Week of 6-27-2017**

### **Nicoise Salad**

### **Graffiti Eggplant Parmesan**

### **Grilled Pork Chops with Caramelized Peaches and Basil & Grilled Spring Onions**

### **Massaged Kale Salad with Blueberries, Avocado and Cucumber**

### **Grass-Fed Hamburgers with Corn on the Cob**

### **Nicoise Salad**

**GF, DF**

#### **Ingredients:**

##### *Vinaigrette-*

½ cup red wine vinegar  
¾ cup olive oil  
2 Tbsp. Herbes de Provence  
1 tsp. Dijon mustard  
Salt and pepper

##### *Salad-*

1 Lb. Grilled Tuna  
6 hard boiled eggs  
1.25 Lbs. small red potatoes  
4 oz mixed Lettuce, washed and dried  
1 pint cherry tomatoes, haved  
1 red onion, thinly sliced  
1 Lb. green beans, trimmed and halved  
¼ cup nicoise olives  
2 Tbsp. capers

#### **Instructions:**

\*Marinate tuna steak in a little olive oil for an hour. Heat a large skillet on medium heat or place on hot grill. Cook the steak 2-3 minutes on each side until cooked through.

1. In a jar, place the oil, red wine vinegar, herbs and mustard. Cover with a lid, and shake until well blended. Add salt and pepper to taste.
2. Place onion slices in a small bowl and sprinkle with 3 Tbsp. of the vinaigrette.
3. Place potatoes in a large pot and cover with 2 inches water. Add 1 Tbsp. of salt. Heat on high to bring to a boil. Lower the heat to maintain a simmer. Cook for 10-12 minutes or so, until the potatoes are fork tender. Drain. While the potatoes are still warm, cut them into quarters. Place them in a bowl and dress them with about ¼ cup of the vinaigrette.
4. While the potatoes are cooking, fill a medium sized pot halfway with water and salt. Bring to a boil on high heat. Add the green beans to the boiling water. Cook until tender but still firm. About 4 minutes. Drain and either rinse with cold water to stop the cooking.
5. Arrange lettuce on serving platter. Cut tuna into /12 inch thick slices. Mound tuna in center of lettuce. Sprinkle the tomatoes and onions around the tuna. Arrange the potatoes and green beans in mounds at the edge of the lettuce.
6. Arrange hard boiled eggs and olives. Drizzle everything with the remaining vinaigrette. Sprinkle with capers.

**Graffiti Eggplant Parmesan**  
**GF\*, V**

**Ingredients:**

2 graffiti eggplants, cut crosswise into ¼ inch slices  
 4 egg whites  
 ¼ tsp. Salt  
 2 cups breadcrumbs of choice  
 ¼ cup finely grated parmesan cheese  
 1 large garlic clove minced or pressed  
 2 tsps. dried basil  
 3.5 cups Rio Bertolini Marinara sauce  
 1 cup ricotta cheese  
 2 cups grated mozzarella cheese

**Instructions:**

1. Preheat oven to 350 degrees. Line a large baking sheet with parchment paper.
2. Lightly beat egg whites with salt in a large shallow bowl.
3. In another large bowl, combine the breadcrumbs, parmesan cheese, garlic and basil.
4. Dip the eggplant slices in the egg whites, then coat them evenly with the breadcrumb mixture.
5. Place the breaded slices on the prepared baking sheet.
6. Bake the eggplant for about 20 minutes on each side, until coating is crisp and eggplant slices are tender.
7. Spread about half of the sauce in the bottom of an 8 x 12 baking dish
8. Layer half of the eggplant slices on top of the sauce. Spread all of the ricotta cheese evenly on the eggplant and top with 1.5 cups of the mozzarella.
9. Create a second layer with the remaining eggplant slices and cover them with the remaining sauce.
10. Sprinkle the top with the last ½ cups of the mozzarella and bake, uncovered for about 25-30 minutes until the cheese is melted and bubbly.

**Grilled Pork Chops with Caramelized Peaches and Basil & Grilled Spring Onions**  
**GF, DF**

**Ingredients:**

*Pork Chops*  
 4 Balsam Gardens Boneless Pork Chops  
 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

*Spring Onions*

1 bunch spring onions

**Instructions:**

*Pork Chops*

1. Remove the pork chops from the refrigerator, and let stand for 30 minutes.
2. Brush the chops 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,

<p>Olive oil for brushing Salt and pepper</p>	<p>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.</p> <p>5. Transfer the chops and peaches to a platter and drizzle sparingly with the vinegar. Garnish with basil leaves and serve immediately.</p>
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**Massaged Kale Salad with Blueberries, Avocado and Cucumber**  
**GF, DF, V**

<p><b>Ingredients:</b></p> <p>1 bunch of kale, washed, dried and torn 1 avocado 1 Tbsp. lemon juice 2 cucumbers, peeled, seeded, and chopped 1 pint blueberries Salt and pepper</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Peel avocado and mash in a bowl.</li> <li>2. Add in cup fulls of kale at a time, massaging the leaves and squishing the avocado along with the leaves.</li> <li>3. Add in lemon juice, pepper, and a pinch of salt. Mix again.</li> <li>4. Add in the cucumber and blueberries, mix and serve.</li> </ol>
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**Grass-Fed Hamburgers with Corn on the Cob**

<p><b>Ingredients:</b></p> <p><i>Grass-fed Hamburgers</i></p> <p>1 Grass-Fed Hamburger Kit -6 Homemade Hamburger Buns - Rhu Bakery -1 Pound Hickory Nut Gap Ground Beef -1 Head Local/Organic Romaine Lettuce -2 Local/Organic Slicer Tomatoes -1 Organic Red Onion -1 Block Grass-Fed Cheddar Cheese</p> <p><i>Corn</i></p> <p>3 pcs. Corn on the cob Butter Salt and pepper</p>	<p><b>Instructions:</b></p> <p><i>Grass-fed Hamburgers</i></p> <ol style="list-style-type: none"> <li>1. Thaw beef if frozen. Place beef in bowl and season with salt and pepper, and other spices as desired.</li> <li>2. Patty into desired size. Divide into 4 patties, 1 Lb. grass-fed beef makes 4 quarter pound burgers.</li> <li>3. Prepare platter of toppings: Sliced tomatoes, leaves of lettuce, sliced red onion, and sliced cheese.</li> <li>4. Toast Rhu Hamburger Buns if desired. Grill Hamburgers to desired temperature. Enjoy!</li> </ol> <p><i>Corn</i></p> <ol style="list-style-type: none"> <li>1. Prepare pot of salted water on stove to boil. Remove husks from corn. Cut cob in half.</li> <li>2. Once water is boiling, drop in corn.</li> <li>3. Boil for 10 minutes.</li> <li>4. Remove corn from water. Serve with butter, salt and pepper.</li> </ol>
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## MEPD Shopping List

### Produce:

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

### Includes:

Blueberries – 1 Pint – Local, Organic – New Sprout Farm  
Cucumbers – 2 Pieces – Local, Organic – New Sprout Farm  
Spring Onions – 1 Bunch – Local, Organic – New Appalachia  
Green Kale – 1 Bunch – Local, Organic – R Farm  
Cherry Tomatoes – 1 Pint – FL, Organic – Lady Moon Farm  
Peaches – 2 Pounds – Local, IPM – Parker Orchard  
Sweet Corn – 3 Ears – GA, Non-GMO – Crosset Organics  
Graffiti Eggplant – 1- FL, Organic – Lady Moon Farm  
Mixed Lettuce – 4 Ounces – Local, Organic – Green Shine Farm  
Green Beans – 1 Pound – Local, Organic – Cottle Farm

### Add-On Produce:

[Avocados \\$4.99](#)

[Lemons \\$3.99](#)

[Red potatoes \\$3.99](#)

[Graffiti Eggplant \\$3.99](#)

[Garlic \\$2.99](#)

### Meat:

[Tuna \\$15.95](#)

[2 Lbs. Pork Chops \\$19.98](#)

### Dairy:

[1 dozen Queen Bee Farms Pastured Eggs \\$5.99](#)

[2 bags shredded mozzarella cheese \\$11.98](#)

### Prepared:

[Rio Bertolini Tomato Basil Sauce \\$5.99](#)

[Grass-fed hamburger kit \\$24.99](#)

**Total: \$142.83**

**Price Per Serving: \$7.15**

## Pantry

### Oils/Fats:

Olive oil

[butter \\$11.99](#)

### Vinegar:

Red Wine Vinegar

### Herbs/Spices:

Salt

Pepper

Herbes de Provence

Dried basil

### Condiments:

Dijon mustard

Capers

Nicoise olives

### Sweeteners:

Maple Syrup

### Dairy:

Parmesan cheese

Ricotta cheese

### Pantry:

Breadcrumbs