**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 6-5-2018

Local Taco Kit with Mexican Style Street Corn
Blueberry Quinoa Bowl and Roasted Broccoli
Bell Pepper, Snap Pea, Yellow Squash Stir Fry
Roasted Chicken Legs with Yukon Gold Potatoes and Kale
Sun Dried Tomato, Fresh Herb and Fromage Quiche

Local Taco Kit with Mexican Style Street Corn
GF

Ingredients:

Tacos

Hickory Nut Gap Grass-Fed Beef - 1 Pound
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

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

Instructions:

Tacos

1. Thaw beef. Chop onion, lettuce and tomato. Shred cheddar cheese, and set aside.
2. Prepare skillet with olive oil over medium high heat. Brown beef, onion and skillet sauce. Simmer per instructions.
3. Warm tortillas in oven in foil.
4. Assemble tacos with tortillas, seasoned beef, lettuce, tomato, cheddar cheese and salsa.

Corn

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.
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.

Blueberry Quinoa Bowl and Roasted Broccoli
GF, DF, V

Ingredients:

Quinoa Bowl
2 cups uncooked quinoa
1 pint blueberries
2 avocados, pitted and cubed
5 oz. mixed salad greens
1 cup walnuts, toasted and chopped
Dressing of choice

Roasted Broccoli
1 bunch broccoli, cut into bite sized pieces. Stalk peeled and chopped
Olive oil
Salt and pepper

Instructions:

Quinoa Bowl
1. Prepare quinoa according to package directions; cool.
2. Combine cooled quinoa, blueberries, avocado, salad greens and walnuts.
3. Drizzle with dressing of choice and toss well to combine.

Serve quinoa bowl with roasted broccoli

Roasted Broccoli
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.

Bell Pepper, Snap Pea, Yellow Squash Stir Fry
GF*, DF, V

Ingredients:

Stir Fry Sauce:
¼ cup soy sauce or tamari*
2 Tbsps. hoisin sauce
1 Tbsp. rice vinegar
1 tsp.grated fresh ginger
2 cloves garlic, minced
½ tsp. red pepper flakes
1 tsp. orange zest
1.5 Tbsps. orange juice
2 tsps. cornstarch

*Use GF Tamari

Stir Fry:
2 Tbsps. olive oil
1 vidalia onion, sliced
1 red bell pepper, sliced
1 Lb. yellow squash, chopped
1 pint trimmed sugar snap peas
15 oz. Fig chickpeas, drained and rinsed
½ cup raw walnuts, chopped
¼ cup chopped fresh basil
Brown or Jasmine rice, for serving

Instructions:

Stir Fry Sauce:
1. In a small bowl, whisk together all the ingredients for the sauce. Set aside.

Stir Fry:
1. Set a large nonstick skillet over medium heat. Add in the olive oil. When hot, add in the onion and cook for 2 to 3 minutes, until it starts to soften. Add in the pepper and yellow squash and cook for 5 to 7 minutes, until tender but still just a touch crisp. Add in the peas, chickpeas and the sauce. Continue to cook for about 2 minutes, stirring frequently, until the sauce has thickened. Remove from the heat and stir in the walnuts and basil.
2. Serve with rice

Roasted Chicken Legs with Yukon Gold Potatoes and Kale
GF, DF

Ingredients:

1 bunch kale, stems and inner ribs removed
1.5 Lbs. Yukon Gold potatoes, sliced 1/4 inch thick
1 Vidalia onion, thinly sliced
1/4 cup olive oil
Salt and freshly ground pepper
4 whole chicken legs
1 tsp.paprika
Lemon wedges, for serving

Instructions:

1. Preheat the oven to 450°. In a very large roasting pan, toss the kale, potatoes and onion with the olive oil. Season with salt and pepper and spread in an even layer.
2. Set the chicken on a cutting board, skin side down. Slice halfway through the joint between the drumsticks and thighs. Season with salt and pepper, sprinkle with the paprika and set on top of the vegetables.
3. Cover the pan with foil. Roast the chicken in the upper third of the oven for 20 minutes. Remove the foil and roast for 30 minutes longer, until the chicken is cooked through and the vegetables are tender. Transfer the chicken to plates and spoon the vegetables alongside. Serve with lemon wedges.

Sun Dried Tomato, Fresh Herb and Fromage Quiche
V

Ingredients:

Rhu Bakery Sun Dried Tomato, Herb and Fromage Quiche

Instructions:

1. Preheat oven to 350. Place quiche on sheet pan and cover with foil. Warm for 15-20 minutes
2. Cut and serve

MEPD Shopping List

Produce:

Medium Sized Bin $38

Includes:

Sugar Snap Peas - 1 Pint - Local, Organic
Blueberries - 1 Pint - Local, Organic
Broccoli Crowns - 1 Pound - Local, Organic
Mixed Green Salad Mix - 5 Ounces - Local, Organic
Sweet Corn - 6 Ears - GA, IPM
Lacinato Kale - 1 Bunch - Local, Organic
Yukon Gold Potatoes - 2.5 Pounds - GA, Organic
Yellow Squash - 1 Pound - Local, Organic
Sweet Vidalia Onions - 2 Pieces - GA, Organic

Add-On Produce:

Lemons $3.99
Avocados $4.99
Ginger $3.99
Garlic $2.99
Red bell pepper $4.99
basil $2.99

Meat:

Queen B Pastured Chicken Legs x 2 $13.48

Prepared:

Local Taco Kit $29.99
Rhu Bakery Sun Dried Tomato, Herb and Fromage Quiche $18.99

Pantry:

15 oz. bag Fig chickpeas $4.49
Lundberg Jasmine Rice $6.99
Alter Eco Quinoa $8.99

Total: $144.87
Price Per Serving: $7.24

Pantry

Oils/Fats:
Olive oil

Herbs/Spices:
Salt
Pepper
Chili powder
Red pepper flakes
paprika

Condiments:
Mayonnaise
Soy sauce
hoisin sauce

Vinegar:
Rice Vinegar

Nuts/Seeds:
Walnuts

Produce:
Limes
Navel orange