



***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 7-16-2018

Grilled Chicken and Corn with Jalapeño-Lime Dressing

Breakfast Biscuits with Grilled Balsamic Peaches & Mixed Green Salad

Sustainably Harvested Shrimp and Green Beans with Coconut Milk

Blueberry Balsamic Baby Back Ribs with Roasted Okra

“Green Dream” Curry with Grass-fed Beef, Broccoli, Rainbow Chard and Zucchini Noodles

Grilled Chicken and Corn with Jalapeño-Lime Dressing

GF, DF

Ingredients:

Jalapeños-Lime Dressing

1/2 cup plus 2 Tbsps. fresh lime juice
 5 Tbsps. olive oil
 2 Tbsps. minced jalapeños (with seeds)
 1 ½ tsp. salt
 1/2 tsp. pepper

Salad

6 ears of corn
 2 bunches scallions, halved
 1/4 cup extra-virgin olive oil
 Salt & pepper
 1 Lb. Queen B Pastured chicken breasts
 1 Tbsp. rosemary leaves, chopped
 1 pint Sun Gold tomatoes, halved
 1/4 cup thinly sliced basil
 Chopped chives and finely grated lime zest, for garnish

Instructions:

1. In a bowl, whisk all of the ingredients.
2. Light a grill. Remove all but the last layer of green husk from the corn. In a bowl, soak the corn in water for 10 minutes, then drain.
3. In a bowl, toss the scallions with 2 tablespoons of the oil; season with salt and pepper. In another bowl, coat the chicken with the remaining 2 tablespoons of oil and the rosemary; season with salt and pepper.
4. Grill the corn, scallions and chicken over moderate heat, turning occasionally, until the corn and scallions are lightly charred and the chicken is cooked through, 5 minutes for the scallions and 15 minutes for the corn and chicken. Let the chicken rest for 5 minutes, then thinly slice across the grain.
5. Chop the scallions into 1-inch pieces. Remove the husks and cut the corn kernels off of the cobs. Transfer the scallions and corn to a large bowl; add the tomatoes, basil and half of the dressing and toss. Transfer the salad to a platter. Top with the chicken and garnish with chives and lime zest. Serve the remaining dressing at the table.

Breakfast Biscuits with Grilled Balsamic Peaches & Mixed Green Salad

GF*, V

Ingredients:

Biscuits

Rhu Bakery Buttermilk Biscuits*
4 Queen Bee Farm pastured eggs
Salt and pepper to taste

*GF option: Eat More Bakery Biscuits

Salad

1/4 cup balsamic vinegar
2 tablespoons honey
4 peaches, halved, and pitted
5 oz. Mixed Lettuce Greens

Instructions:

Biscuits

1. Prepare pastured eggs as desired. Recommend over medium, seasoned with salt and pepper to taste
2. Warm biscuits and top with prepared eggs.

Salad

1. Bring vinegar to a boil in a saucepan, reduce heat and simmer until reduced in half. Remove from heat and stir in honey.
2. Coat grill rack with cooking spray and heat grill. Lightly coat peach halves with spray Place peaches, cut side facing down on the grill and cook until well marked, about 3 minutes.
3. Turn and cook until fairly tender, about 3 minutes longer. Brush the tops with the vinegar mixture and grill another 1 minute.
4. Arrange grilled peaches over mixed lettuce greens.

Sustainably Harvested Shrimp and Green Beans with Coconut Milk

GF, DF

Ingredients:

1 Lb. shrimp, shelled and deveined
1/2 tsp. chipotle powder
1/2 tsp. cayenne powder
2 Tbsp. coconut oil
1 Lb. green beans, ends trimmed
1 Vidalia onion thinly sliced
6 garlic cloves minced
2 pinches of salt
1 pinches black pepper
13.5 oz can Native Forest coconut milk, shaken
1/2 cup chopped almonds

Instructions:

1. Place the shrimp in a bowl and add the chipotle and cayenne seasonings.
2. Toss the shrimp making sure they get well coated in the spices. Set aside.
3. Add the coconut oil to a wok or large nonstick pan over a high heat.
4. Add the green beans, vidalia onion slices, and minced garlic and cook quickly using tongs or a spatula to move them around until you see the skin start to turn brown or blistered about 3-4 minutes
5. Season with salt and pepper.
6. Add the shrimp and continue to cook until the shrimp are pink and no longer opaque.
7. Make sure to shake the can of coconut milk before you open it as it usually separates.
8. Add the coconut milk and continue cooking over a high heat until the milk starts to bubble around the edges.
9. Serve the green beans at once and garnish with some of the chopped almonds.

Blueberry Balsamic Baby Back Ribs with Roasted Okra

GF, DF

Ingredients:

Ribs

2 Lbs. Hickory Nut Gap Farm Baby Back Ribs, thawed
3 tsp. salt
2 tsps. dried sage

Blueberry Balsamic Glaze

1 pint of blueberries
1/2 cup balsamic vinegar
2 Tbsps. fresh thyme
4 garlic cloves
1/2 tsp. smoked salt

Oven Roasted Okra

1 Lb. okra
Splash of olive oil
Pinch of salt
Pinch of garlic powder
Pinch of pepper

Instructions:

1. Preheat the oven to 325 degrees. Line a baking sheet with foil.
2. Sprinkle the ribs evenly with the salt and dried sage. Place the ribs on the foil lined-baking sheet and place in the oven. Bake the ribs for 2 hours.
3. In the meantime, add the blueberries, balsamic vinegar, fresh thyme, garlic, and smoked salt to a small pot. Bring the contents of the pot to a boil, then cover and cook for 5-7 minutes or until bubbling and the berries are blistered. Remove from heat and let cool a bit.
4. Blend the blueberry mixture until smooth.
5. After baking the ribs for 2 hours, brush a generous amount of the blueberry balsamic glaze onto the ribs and bake for an additional 20 minutes.
6. Remove the ribs from the oven, brush with the remaining blueberry sauce, serve, and enjoy!

Oven Roasted Okra

1. Preheat oven to 400 degrees.
2. Cut tops off okra and slice lengthwise.
3. Place on a large baking sheet and drizzle with olive oil (or coconut oil).
4. Toss to coat.
5. Sprinkle with salt, garlic powder and pepper
6. Bake for 18-22 minutes until soft and just starting to brown on the ends.
7. Serve and enjoy!

"Green Dream" Curry with Grass-fed Beef, Broccoli, Rainbow Chard and Zucchini Noodles

GF, DF

Ingredients:

1 Lb. Hickory Nut Gap Farm Beef Stew Meat
1 Lb. broccoli, washed and chopped
1 bunch Rainbow chard, washed, ribs removed and torn
2 Zucchini, spiralized with spiralizer, food processor, or made into ribbons with peeler
1 pint "Green Dream" Blue Dream Curry House Curry Sauce
Olive oil

Instructions:

1. Warm saute pan over medium heat and add olive oil. Add stew meat and turn to brown all sides. Remove beef to plate, and pour extra oil off.
2. Add broccoli to pan and add beef back in once broccoli is tender.
3. Add zucchini noodles and rainbow chard to pan and saute lightly
4. Add Green Curry Sauce to pan. Heat until curry is melted and comes to a high simmer. Turn heat to low and simmer for an additional 10 minutes. Serve and enjoy!

MEPD Shopping List

Produce:

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

Includes:

Blueberries - 1 Pint - Local, No-Spray - Perry Berry
Broccoli - 1 Pound - Local, Organic - Fishel Organics
Sweet Corn - 6 Ears - Local, Non-GMO - Rouse Brothers
Rainbow Chard - 1 Bunch - Fishel Organics
Zucchini - 2 Pieces - Local, Organic - M&M Farm
Sungold Cherry Tomatoes - 1 Pint - Local, Organic - Old Dominion Farm
Green Beans - 1 Pound - Local, Organic - Balsam Gardens Farm
Vidalia Onions - 1 Pound - GA, Organic - Oso Sweet Farm
Peaches - 1 Pound - Local, IPM - Burton Farm
Okra - 1 Pound - Patty's Farm

Add-On Produce:

[Rosemary \\$2.99](#)

[Basil \\$2.99](#)

[5 oz. Mixed Green Salad Mix \\$4.99](#)

[Thyme \\$2.99](#)

Pantry:

[13.5 oz can Native Forest coconut milk \\$3.99](#)

Bakery:

[Rhu Buttermilk Biscuits \\$5.99](#)

Dairy/Eggs:

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

Meat:

[1 Lb. Queen B Pastured Chicken Breasts \\$11.99](#)

[1 Lb. Sustainably Harvested Shrimp \\$17.95](#)

[2 Lbs. Hickory Nut Gap Farm Baby Back Ribs \\$6.99/Lb.](#)

[1 Lb. Hickory Nut Gap Farm Beef Stew Meat \\$8.99](#)

Prepared:

[1 pint "Green Dream" Blue Dream Curry House Curry Sauce \\$7.99](#)

Total: \$121.84

Price Per Serving: \$6.10

Pantry

Oils/Fats:

Olive oil
Coconut oil

Vinegar:

Balsamic vinegar

Herbs/Spices:

Salt
Pepper
chipotle powder
cayenne powder
Cloves
smoked salt
garlic powder

Nuts/Seeds:

Almonds

Produce:

Limes
Jalapeños
Scallions