



*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 7-2-2018**

**Roasted Pork Chops & Peaches and Couscous**  
**Blueberry Quinoa Bowl**  
**Sunburst Trout with Garlic Lemon & Herb Sauce &**  
**Chioggia Beet Salad with Cider Vinaigrette**  
**Spinach Salad with Tomatoes, Cucumbers, and Goat Cheese &**  
**Ciabatta with Balsamic Dipping Sauce**  
**Quesadillas with Swiss Chard, Summer Squash & Black Beans**

### **Roasted Pork Chops & Peaches and Couscous**

**GF, DF**

<p><b>Ingredients:</b></p> <p>1 10-ounce package couscous          1 Tbsp. olive oil          4 Hickory Nut Gap Farm boneless pork chops          salt and black pepper          1 Lb. peaches, cut into wedges          1 Vidalia onion, cut into thin wedges          3 Tbsps. white wine vinegar          1/2 cup fresh basil leaves</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Heat oven to 400° F. Cook the couscous according to the package directions.</li> <li>2. Meanwhile, heat the oil in a large ovenproof skillet over medium-high heat.</li> <li>3. Season the pork with ½ teaspoon salt and ¼ teaspoon pepper and cook until browned, 3 to 5 minutes per side. Transfer to a plate.</li> <li>4. Add the peaches, onion, vinegar, and ¼ teaspoon each salt and pepper to the skillet and cook, tossing, for 1 minute.</li> <li>5. Return the pork (and any accumulated juices) to the skillet. Transfer to oven and roast until the pork is cooked through and the peaches are tender, 8 to 10 minutes.</li> <li>6. Sprinkle the pork and peaches with the basil and serve with the couscous.</li> </ol>
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### **Blueberry Quinoa Bowl**

**GF, DF, V**

<p><b>Ingredients:</b></p> <p>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          Dressing of choice</p>	<p><b>Instructions:</b></p> <p><i>Salad</i></p> <ol style="list-style-type: none"> <li>1. Prepare quinoa according to package directions; cool.</li> <li>2. Combine cooled quinoa, blueberries, avocado, spinach and walnuts.</li> <li>3. Drizzle with dressing of choice and toss well to combine.</li> </ol>
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**Sunburst Trout with Garlic Lemon & Herb Sauce &  
Chioggia Beet Salad with Cider Vinaigrette  
GF**

**Ingredients:**

1 Lb. Sunburst Trout  
2 Tbsps. olive oil  
Salt and pepper, to taste  
4 garlic cloves, minced  
3 Tbsps. lemon juice, freshly squeezed  
2 Tbsps. white wine  
2 Tbsps. unsalted butter, softened  
2 Tbsps. parsley, chopped

*Beet Salad*

1 bunch chioggia beets  
1 Tbsp. olive oil  
3/4 cup apple cider vinegar  
Salt and pepper to taste  
5 oz. mixed green salad  
1/2 cup toasted walnut pieces  
4 oz. Three Graces Dairy Garlic & Herb Goat  
Cheese

**Instructions:**

*Trout*

1. Season the top of fish fillets with salt and pepper.
2. In a large skillet, heat 2 Tbsps. of olive oil on medium heat until heated but not smoking. To the hot skillet with olive oil, add fish fillets skin side up - flesh side down. Cook the flesh side of the fish for about 3-5 minutes on medium heat, making sure the oil does not smoke, until lightly browned. Flip the fillets over to the other side, skin side down (add more oil, if needed). Cook for another 2-4 minutes on medium heat (to prevent oil from burning). Remove the skillet from heat, close with the lid, and let the fish sit for 5-10 minutes, covered, in the skillet, until flaky and cooked through completely.
3. After the fish is cooked through, off heat, using spatula, carefully remove fillets to the plate, separating the fish from the skin. Carefully remove or scrape the fish skin off the bottom of the pan, making sure to leave all the cooking oils in the pan.
4. Add minced garlic, lemon juice, and white wine to the same pan with oil. Cook on medium-low heat for about 1 minute, until garlic softens a bit. Remove from heat. Add 1 tablespoon of chopped parsley, and 2 tablespoons of butter, off heat, to the sauce, stirring, until the butter melts and forms a creamy mixture.
5. Add fish to the pan, spoon sauce over the fish, top the fish and sauce with the remaining 1 tablespoon of parsley, and serve.
6. Preheat the oven to 425°F.

*Beet Salad*

1. Rinse the beets and cut off the greens, saving them for another use. Rub the beets with the olive oil, wrap in foil, and place on a baking sheet (in case they leak). Bake until you can pierce through the middle of each beet with a knife, about 1 hour. Remove from the oven and let cool.
2. While the beets are cooking, gently bring the vinegar to a boil in a small saucepan over medium heat until it is reduced by a third. Remove from the heat and let cool.
3. When the beets are cool, use a paring knife to remove the skins, which should peel off very easily. Cut each beet into thin slices using a sharp knife. Sprinkle them with salt and toss them in the reduced vinegar.
4. Top the lettuce with the beets, walnut pieces, and cheese. Use a spoon to drizzle the remaining vinegar on top, as desired. Serve immediately.

## Spinach Salad with Tomatoes, Cucumbers, and Goat Cheese & Ciabatta with Balsamic Dipping Sauce

**GF\*, V**

### Ingredients:

#### *Salad*

1/2 small red onion, diced (optional)  
 1 bunch spinach  
 1 pint grape tomatoes, halved  
 1 Lb. cucumbers, cut in half lengthwise, then sliced  
 20 kalamata olives, pitted and cut in half lengthwise  
 1 green or red pepper, thinly sliced  
 2 tsps. chopped fresh dill  
 1 Tbsp. chopped fresh mint  
 2 Tbsps. fresh lemon juice  
 Salt to taste  
 5 Tbsps. olive oil  
 2 oz. Three Graces Dairy Garlic & Herb Goat Cheese, crumbled

#### *Ciabatta with Balsamic Dipping Sauce*

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

\*Use Eat More Bakery Focaccia, cut into strips for GF option

### Instructions:

#### *Salad*

1. 1. Dice red onion, and combine with the tomatoes, cucumber, olives, pepper, dill and mint in a large bowl.
2. 2. Mix together the lemon juice, salt and olive oil. Toss half of the dressing with the tomato mixture and half with the spinach. Combine everything in one bowl, add the feta, toss together thoroughly and serve.

#### *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.

## Quesadillas with Swiss Chard, Summer Squash & Black Beans

**GF, V**

### Ingredients:

2 Tbsp. olive oil  
 1 Vidalia onion, chopped  
 1 Lb. summer squash  
 4 cloves of garlic, minced  
 1 bunch rainbow chard, chopped (including stems)  
 1 15 oz. pouch Fig organic black beans, drained  
 10 oz. Happy Cow Creamery, 3 year aged cheddar cheese, grated  
 16 Tortilleria Molina tortillas, thawed

### Instructions:

1. In a large cast-iron wok (or other large skillet), heat oil on medium high heat. Add onion and summer squash. Saute for 4 minutes or until they begin to brown (stirring only occasionally). Add garlic, saute for another 2 minutes. Add swiss chard and black beans and saute for 4 minutes, or until swiss chard is tender.
2. On a cutting board or large plate prep the quesadillas: sprinkle a little cheese on one tortilla, spoon about 1/2 cup of swiss chard mixture on top of cheese, spread evenly up to the edges of the tortilla (you may need to add more or less of the swiss chard mixture depending on the size of the tortilla – ideally you want about a 1/2 inch thick layer of swiss chard mixture on each tortilla), top with a little more cheese and another tortilla.

You should end up with 8 quesadillas, or 2 per person.

3. Oil the skillet, or griddle. Add one prepared quesadilla. Cook until browned on one side and then flip and cook other side until crispy and brown. Repeat for remaining quesadillas.

## MEPD Shopping List

### Produce:

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

#### Includes:

Grape Tomatoes - 1 Pint - Local, Organic - Old Dominion Farm  
Mixed Summer Squash - 1 Pound - Local, Organic - Timberwood Organics  
Rainbow Chard - 1 Bunch - Local, Organic - Fishel Organics  
Slicer Cucumbers - 1 Pound - Local, Organic - Cottle Organics  
Vidalia Onions - 1 Pound - GA, Organic - Oso Sweet Farm  
Peaches - 1 Pound - Local, IPM - Burton Farm  
Mixed Green Lettuce - 5 Ounces - Local, Organic - Greenshine Farm  
Chioggia Beets - 1 Bunch - Local, Organic - R Farm  
Spinach - 1 Bunch - Local, Organic - R Farm  
Blueberries - 1 Pint - Local, Organic - Cottle Farm

### Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Red Onion \\$2.99](#)

[Avocados \\$4.99](#)

[Parsley \\$2.99](#)

[Basil \\$2.99](#)

[Green bell pepper \\$3.99](#)

### Meat:

[2 Lbs. Hickory Nut Gap Farm boneless pork chops \\$19.98](#)

[1 Lb. Sunburst Trout \\$13.99](#)

### Dairy:

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

[Happy Cow Creamery 3 Aged Cheddar \\$7.99](#)

### Pantry:

[Alter Eco Quinoa \\$8.99](#)

[Fig organic black beans \\$4.49](#)

### Bakery:

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

[Tortilleria Molina Tortillas \\$4.99](#)

**Total: \$135.34**

**Price Per Serving: \$6.77**

## Pantry

### Oils/Fats:

Olive oil  
Unsalted butter

### Vinegar:

Apple Cider Vinegar  
white wine vinegar

### Herbs/Spices:

Salt  
Pepper  
Fresh dill  
Fresh mint

### Grocery:

Kalamata Olives  
10-ounce package couscous

### Nuts/Seeds:

walnuts

### Libations:

white wine

