



*\*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 7-23-2018**

**Old Bay Shrimp Boil**

**Pimento Cheese Tomato Pie and Lemon Cucumber Salad**

**Bhindi "Midnight Masala" Curry**

**Grilled Chicken, Peach and Goat Cheese Salad with Maple Vinaigrette**

**Sweet Potato and Blueberry Forest Bowl**

### **Old Bay Shrimp Boil**

**GF**

#### **Ingredients:**

2 lemons, halved, plus wedges for serving  
½ cup Old Bay Seasoning  
1 head of garlic, cloves smashed  
1 large red onion, quartered  
6 sprigs fresh thyme  
1 pound red potatoes, quartered  
6 ears corn, husked and cut into 3 inch chunks  
1 Lb. sustainably caught shrimp, unpeeled  
2 Tbsps. unsalted butter  
Hot sauce, for serving (optional)  
1 Lb. Hickory Nut Gap Farm bratwurst, sliced into rounds

#### **Instructions:**

1. Fill a large pot with 4 quarts of water. Squeeze the lemon juice into the water and add the squeezed lemon halves. Add the Old Bay, garlic and onion. Tie the thyme sprigs together with kitchen twine and add to the pot. Cover and bring to a boil, then reduce to a simmer and cook about 5 minutes.
2. Add the potatoes to the pot and cook until just tender, about 10 minutes. Add sausage; continue to cook on high for 5 minutes. Add the corn and cook 5 more minutes.
3. Meanwhile, slice along the back of each shrimp through the shells; remove the veins and rinse the shrimp. Add to the pot, cover and cook until the shrimp curl and are just opaque, 2 to 3 minutes. Transfer the shrimp and vegetables with a slotted spoon or skimmer to a large bowl. Add the butter and about 1 cup broth to the bowl and toss until the butter is melted. Transfer the shrimp and vegetables to a platter. Serve with the remaining broth, lemon wedges and hot sauce, if desired. Enjoy!

## Pimento Cheese Tomato Pie and Lemon Cucumber Salad

GF, V

### Ingredients:

#### *Pimento Cheese Tomato Pie*

Eat More Bakery Gluten Free Pie Crust  
2 Heirloom Tomatoes, sliced thin  
1 cup True South "El Diablo" pimento cheese  
½ cup Organic Valley parmesan cheese  
½ cup Duke's Mayonnaise  
½ cup green onions  
¼ cup fresh basil

#### *Lemon Cucumber Salad*

1 Lb. lemon cucumbers, peeled or not, your preference  
½ red onion  
½ cup apple cider vinegar  
¼ cup olive oil  
2 Tbsps. honey  
½ tsp. salt  
½ tsp. pepper  
½ tsp garlic powder  
2 Tbsps. chopped fresh dill

### Instructions:

#### *Pimento Cheese Tomato Pie*

1. Slice tomatoes, and lay on paper towels or a clean kitchen towel to absorb extra liquid for about 15 minutes.
2. Pierce the crust with a fork (dock) and par bake for about 5-10 minutes at 350.
3. Combine the cheese and mayonnaise mixture. Spread a thin layer of the cheese mixture in the bottom of the crust. Layer with tomatoes, basil and onions. Repeat until crust is full. Finish with layering the cheese mixture on the top.
4. Bake at 325 for 25 minutes or until crust is light brown and cheese is bubbly. Let it set up for 15 minutes before cutting and serving.

#### *Lemon Cucumber Salad*

1. Cut the cucumbers lengthwise and cut into slices
2. Thinly slice the onion into slices
3. Place both in a medium sized bowl
4. In a 2 cup measuring cup, mix the vinegar, olive oil, honey, salt, pepper, garlic powder and dill and whisk well
5. Pour the mixture over the cucumbers and onions and stir until well coated
6. Ideally, store the in the fridge for at least 2 hours to let the flavors marry

## Bhindi "Midnight Masala" Curry

GF, V

### Ingredients:

3 Tbsps. Olive oil  
1 Vidalia onion, diced  
1 pint Sungold Cherry Tomatoes, washed and halved  
1 Lb. okra, sliced into ¼" rounds  
Blue Dream Curry House "Midnight Masala" Curry Sauce  
2 cups Lundberg Jasmine Rice, prepared per instructions

### Instructions:

1. Prepare Jasmine rice per instructions.
2. Heat large skillet over medium high heat. Add olive oil once warm.
3. Add diced onions to oiled skillet, and cook for 5 minutes. Add in halved tomatoes, and cook for another 3 minutes. Add in sliced okra, and cook for 4 minutes, until vegetables are tender.
4. Add Blue Dream Curry House "Midnight Masala" sauce and reduce heat. Simmer for 10-15 minutes to allow flavors to combine.
5. Serve curry over rice.

## Grilled Chicken, Peach and Goat Cheese Salad with Maple Vinaigrette

GF

### Ingredients:

1/4 cup balsamic vinegar  
1/4 cup olive oil  
2 Tbsp. freshly squeezed lemon juice  
2 tsp. Lusty Monk "Original Sin" mustard  
3 Tbsp. pure maple syrup, divided  
1/4 tsp salt  
1 Lb. Queen B pastured chicken breasts, thawed  
1 Lb. peaches  
1/2 cup sliced red onion  
1/2 cup chopped pecans  
6 oz. Three Graces Dairy "Scottish Spiced Ginger" goat cheese, crumbled  
5 oz mixed salad greens  
Eat More Bakery Buttermilk Biscuits

### Instructions:

1. Begin by whisking together your dressing. Combine oil, vinegar, lemon, mustard, 2 tbsp syrup, and salt in a tupperware bowl with lid and shake to combine.
2. Use about half of the dressing as marinade for the chicken. Place in a large ziploc bag and mix to coat the chicken. Let marinate for 15-30 minutes.
3. Prepare grill (medium heat)
4. Prepare peaches: Cut each peach in half and remove the pit. Brush both sides of the peaches with remaining maple syrup.
5. Grill chicken and peaches. About 6-8 minutes per side for chicken until it is no longer pink, and about 5 minutes each side for the peaches. Remove, and dice peaches into small chunks and chicken into slices.
6. Place greens or pasta in a large bowl. Add red onion, peaches, and chicken and toss. Top with pecans, goat cheese (if using), and drizzle the dressing on top.
7. Serve immediately with Eat More Buttermilk Biscuits

## Sweet Potato and Blueberry Forest Bowl

GF, DF, V

### Ingredients:

1 cup Alter Eco Rainbow Quinoa, dry  
2 cups water  
4 sweet potatoes, diced  
¼ cup olive oil  
2 tsps. salt  
½ tsp. freshly ground black pepper  
1 bunch kale, de-stemmed and chopped  
½ cup chopped pecans  
drizzle of homemade blueberry vinaigrette  
dash of salt & ground black pepper

#### *Blueberry Vinaigrette*

½ cup blueberries  
½ lemon, juiced  
¼ cup balsamic vinegar  
2 Tbsp. olive oil  
1 Tbsp. maple syrup  
pinch of salt

### Instructions:

#### *Bowl*

1. Preheat oven to 450°. Toss potatoes, oil, salt, and pepper on a rimmed baking sheet. Roast, tossing occasionally, until tender and browned, 35–45 minutes.
2. In a medium saucepan, bring the quinoa and water to a boil over high heat. Reduce to a simmer, cover, and cook for 15-20 minutes. Drain any excess water with the lid and continue to heat over low until all the water has been absorbed.
3. To serve, divide the warm ingredients evenly into four bowls. Start with a serving of quinoa into a shallow bowl and add a side of a sweet potatoes and kale. Sprinkle with pecans. Drizzle with the vinaigrette and sprinkle with a dash of salt and pepper.

#### *Blueberry Vinaigrette*

1. Combine everything in a blender and blend on high for several minutes.

## MEPD Shopping List

### Produce:

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

#### Includes:

Lemon Cucumbers - 1 Pound - Local, Organic - Balsam Gardens Farm  
Heirloom Tomatoes - 2 Pieces - Local, Organic - Balsam Gardens Farm  
Peaches - 1 Pound - Local, IPM - Burton Farm  
Sweet Corn - 6 Ears - Local, Non-GMO - Rouse Brothers Farm  
Sweet Potatoes - 4 Pieces - Local, Organic - Triple J Farm  
Green Kale - 1 Bunch - Local, Organic - R Farm  
Mixed Green Salad Mix - 5 Ounces - Local, Organic - Greenshine Farm  
Okra - 1 Pound - Local, Organic - Paddy's Farm  
Blueberries - 1 Pint - Local, No-Spray - Perry's Berries

### Add-On Produce:

[Lemons \\$3.99](#)

[Red onion \\$2.99](#)

[Vidalia onions \\$2.99](#)

[fresh thyme \\$2.99](#)

[1 pound red potatoes \\$3.99](#)

[fresh basil \\$2.99](#)

[1 pint Sungold Cherry Tomatoes \\$4.99](#)

### Pantry:

[Jasmine Rice \\$6.99](#)

### Dairy/Eggs:

[True South "El Diablo" pimento cheese \\$6.99](#)

[Organic Valley parmesan cheese \\$6.99](#)

[Three Graces Dairy "Scottish Spiced Ginger" goat cheese \\$6.99](#)

### Meat:

[1 Lb. sustainably caught shrimp \\$16.95](#)

[1 Lb. Hickory Nut Gap Farm bratwurst \\$8.99](#)

[1 Lb. Queen B pastured chicken breasts \\$11.99](#)

### Prepared:

[Blue Dream Curry House "Midnight Masala" \\$7.99](#)

### Bakery:

[Eat More Bakery Gluten Free Pie Crust \\$6.99](#)

[Eat More Bakery Buttermilk Biscuits \\$6.99](#)

### Pantry:

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

**Total: \$160.78**

**Price Per Serving: \$8.03**

## Pantry

### Oils/Fats:

Olive oil

Unsalted butter

### Vinegar:

Balsamic vinegar

apple cider vinegar

### Herbs/Spices:

Salt

Pepper

Old Bay Seasoning

garlic powder

fresh dill

### Nuts/Seeds:

pecans

### Condiments/Sweeteners:

Maple syrup

[Lusty Monk Mustard \\$6.99](#)

Hot sauce

Duke's Mayonnaise

honey

### Produce:

green onions