



***\*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 7-31-2018**

**Herb Roasted Chicken Breast with Corn & Lemon Cucumber Salad**

**Linguine with Italian “Sausage”, Peppers & Cherry Tomatoes**

**Deviled Eggs with Sunburst Smoked Trout and**

**Watermelon, Mint & Goat Cheese Salad**

**Breakfast Biscuits with Grilled Balsamic Peaches & Mixed Green Salad**

**Summer Vegetable Tian**

### **Herb Roasted Chicken Breast with Corn & Lemon Cucumber Salad**

**GF, DF**

#### **Ingredients:**

##### *Chicken*

1 Lb. Queen B Pastured Chicken Breasts, cut into 2 inch pieces  
 3 Tbsps. olive oil  
 ¼ cup minced green onions  
 1 clove garlic, minced  
 1 Tbsp. chopped fresh rosemary  
 1 Tbsp. chopped fresh thyme  
 1/4 cup fresh lemon juice  
 Salt and pepper to taste  
 Grated zest of half lemon

##### *Salad*

3 ears sweet corn, kernels removed  
 1 Lb. lemon cucumbers, halved lengthwise and sliced  
 4 green onions, sliced  
 1/4 cup olive oil  
 1/4 cup balsamic vinegar  
 2 Tablespoons honey  
 1 tsp. Lusty Monk Mustard  
 salt and pepper to taste

#### **Instructions:**

##### *Chicken*

1. Put chicken in a large resealable plastic food storage bag.
2. Combine marinade ingredients and pour over chicken. Turn bag to coat chicken pieces well. Refrigerate and marinate overnight or for 2 to 4 hours, turning occasionally.
3. Preheat the oven to 400 F.
4. Remove chicken from marinade and drain well; put the reserved marinade in a saucepan.
5. Arrange chicken on a rack in a foil-lined baking dish or roaster. Bake for 35 minutes.
6. Meanwhile, bring the marinade to a boil; continue boiling over medium heat for 2 minutes.
7. Brush the chicken with the marinade; turn and brush the other side and bake for about 20 to 30 minutes longer, basting several times before the chicken is done.

##### *Salad*

1. Toss corn, cucumbers and scallions in a large bowl.
2. Place the remaining ingredients in a blender and blend until smooth and incorporated. Drizzle dressing over vegetables and toss to coat.
3. Taste and adjust for seasoning. Serve and enjoy!

## Linguine with Italian "Sausage", Peppers & Cherry Tomatoes

V

### Ingredients:

2 portions Rio Bertolini Herbed Linguine  
2 Tbsp. olive oil  
10 oz. "The Stallion" Italian Sausage (vegan), casings removed  
1 Lb. mixed bell peppers, cut into ¼ inch strips  
1 pint mixed cherry tomatoes, halved  
Red pepper flakes  
Organic Valley Grated Parmesan cheese, for serving

### Instructions:

1. In a large pot of salted, boiling water, cook pasta according to instructions, approx 3-4 minutes. Reserve ½ cup pasta water, then drain.
2. Meanwhile in a large skillet, heat 1 Tbsp. olive oil over medium high. Add 1 Tbsp. oil and peppers and cook, stirring occasionally, until browned in spots. Add tomatoes. Cook 1 minute. Add ¼ cup pasta water and cook until tomatoes soften, 4 minutes. Season with red pepper flakes. Add sausage to pan and cook until sausage is warmed through and juices thicken slightly, about 2 minutes.
3. Toss with pasta; if necessary, add remaining pasta water to create a light sauce that coats pasta. Serve with parmesan cheese.

## Deviled Eggs with Sunburst Smoked Trout and Watermelon, Mint & Goat Cheese Salad

GF

### Ingredients:

#### *Deviled Eggs*

12 eggs  
½ cup mayonnaise  
2 Tbsp. olive oil  
2 tsp. fresh lemon juice  
½ tsp. dry mustard  
½ tsp. Lusty Monk Mustard  
¼ tsp. cayenne pepper  
salt and freshly ground black pepper, to taste  
¼ cup shredded Sunburst Farm Smoked Trout  
Smoked paprika, minced chives, and thinly shaved red onion, to garnish (optional)

#### *Watermelon, Mint and Goat Cheese Salad*

1 Mini Seedless Watermelon, cut into 1" chunks, rind discarded  
1 Tbsp. juice from lemon, plus zest  
3 Tbsp. olive oil  
¼ cup roughly chopped mint leaves  
Salt and pepper to taste  
6 oz. Three Graces Dairy Bee's Knees Goat Cheese, crumbled

### Instructions:

#### *Deviled Eggs*

1. Put eggs into a 4-qt. pot of water and bring to a boil. Remove pan from heat, cover, and let sit 15 minutes. Drain eggs and crack each shell slightly. Transfer eggs to a bowl of ice water and let cool. Peel eggs. Halve each egg; using a small spoon, transfer yolks to a fine strainer set over a bowl. Using a rubber spatula, sieve yolks through strainer. Add mayonnaise, oil, lemon juice, mustards, and cayenne. Season with salt and pepper and stir vigorously with spatula until smooth.
2. Transfer mixture to a plastic bag or a piping bag fitted with a smooth tip and pipe into egg whites. Top each egg with a bit of trout; garnish with smoked paprika, chives, and red onion, if you like. Serve cold or at room temperature.

#### *Watermelon, Mint and Goat Cheese Salad*

1. Place watermelon chunks in large bowl. In separate bowl, combine lemon juice and zest, olive oil, mint, salt and pepper. Whisk to combine.
2. Pour dressing over fruit, and gently stir to combine.
3. Pour goat cheese over fruit, and gently fold in.
4. Drizzle with more olive oil, and pepper if desired. Chill until ready to serve.

**Breakfast Biscuits with Grilled Balsamic Peaches & Mixed Green Salad**  
**GF, V**

**Ingredients:**

*Biscuits*

Eat More Bakery Biscuits  
 4 Queen Bee Farm pastured eggs  
 Salt and pepper to taste

*Salad*

1/4 cup balsamic vinegar  
 2 tablespoons honey  
 1 Lb. Donut 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.

**Summer Vegetable Tian**  
**GF, DF**

**Ingredients:**

1 vidalia onion, chopped  
 2 cloves garlic, minced  
 3 Tbsp. olive oil  
 1 Lb. summer squash, sliced into rounds  
 1 Lb. red potatoes, sliced into rounds  
 1 Tbsp. dried thyme  
 Salt & pepper  
 2 cups Happy Cow Creamery Mozzarella Cheese, shredded  
 1 Tbsp. chopped parsley, optional garnish

**Instructions:**

1. Preheat the oven to 400 F. Dice the onion and mince the garlic. Sauté the onion and garlic with olive oil in a large skillet over medium heat until the onions are soft and transparent (about 5 minutes).
2. While the onion and garlic are sautéing, slice the summer squash, and potato thinly (1/4-inch slices). Make sure the potatoes are very thin so that they soften quickly while in the oven.
3. Coat the inside of a 9 x 13" casserole dish with olive oil. Spread the sautéed onion and garlic in the bottom of the dish. Arrange the other sliced vegetables, stacked vertically like dominos, in an alternating pattern. Season the top of the vegetables generously with salt, pepper, and dried thyme.
4. Cover the dish with foil and bake in the preheated oven for 30 minutes. Remove the foil, top with the shredded cheese, and bake without the foil for an additional 15-20 minutes, or until the cheese is golden brown. Top with chopped fresh parsley for garnish, if desired.

## MEPD Shopping List

### Produce:

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

#### Includes:

Lemon Cucumbers - 1 Pound - Local, Organic - Balsam Gardens Farm  
Mixed Bell Peppers - 1 Pound - Local, Organic - Paddys Farm  
Mini Watermelon - 1 - Local, IPM - Williamson Farm  
Donut Peaches - 1 Pound - Local, IPM - Burton Farm  
Mixed Green Salad Mix - 5 Ounces - Local, Organic - Greenshine Farm  
Mixed Cherry Tomatoes - 1 Pint - Local, Organic - Ivy Creek Family Farm  
Mixed Summer Squash - 1 Pound - Local, Organic - Cottle Organics  
Red Potatoes - 1 Pound - Local, Organic - Riverstone Farm  
Sweet Vidalia Onions - 1 Pound - GA, Organic - Oso Sweet Farm  
Sweet Corn - 6 Ears - Local, Non-GMO - Rouse Brothers Farm

### Add-On Produce:

[Rosemary \\$2.99](#)

[Thyme \\$2.99](#)

[Lemons \\$3.99](#)

[Parsley \\$2.99](#)

### Pantry:

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

[Honey \\$11.99](#)

### Bakery:

[Eat More Bakery Buttermilk Biscuits \\$9.99](#)

### Dairy/Eggs:

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

[Organic Valley Grated Parmesan Cheese \\$6.99](#)

[Three Graces Dairy Bee's Knees Goat Cheese \\$6.99](#)

### Meat:

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

[10 oz. "The Stallion" Italian Sausage \\$7.99](#)

[Sunburst Farm Smoked Trout \\$8.99](#)

[Happy Cow Creamery Mozzarella Cheese \\$6.49](#)

### Prepared:

[2 portions Rio Bertolini Herbed Linguine \\$5.98](#)

**Total: \$141.34**

**Price Per Serving: \$7.07**

## Pantry

### Oils/Fats:

Olive oil

### Vinegar:

Balsamic vinegar

### Herbs/Spices:

Salt

Pepper

Red pepper flakes

dry mustard

cayenne pepper

### Produce:

green onions

mint leaves

### Condiments:

mayonnaise