



*\*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 8-1-2017

**Southwest Stuffed Yellow Bell Peppers with Cherry Tomato & Avocado Chopped Salad**

**Roasted Plum and Goat Cheese Salad with Rhu Baguette**

**Blue Dream Curry House Yellow Curry with Pattypan Squash and Carrots**

**Sesame Salmon with Asian Pear Slaw and Cucumber Salad**

**"Madison Pot Pie" Roasted Veggie Pot Pie**

### Southwest Stuffed Yellow Bell Peppers with Cherry Tomato & Avocado Chopped Salad GF, DF, V

#### Ingredients:

##### *Southwest Stuffed Red Bell Peppers*

1 cup quinoa, rinsed and drained  
 2 cups vegetable or chicken stock  
 4 yellow bell peppers, halved, seeds removed  
 olive oil for brushing peppers  
 ½ cup Mountain Gringo salsa  
 2 tsp cumin powder  
 1 ½ tsp chili powder  
 1 ½ tsp garlic powder  
 15 oz. can black beans, drained and rinsed  
 1 cup whole kernel corn

#### Optional toppings:

shredded cheddar cheese  
 avocado slices  
 Diced red onion

##### *Sungold Cherry Tomato & Avocado Chopped Salad*

1 bunch spinach, washed, dried and torn  
 1 pint cherry tomatoes, washed and halved  
 1 avocado, pitted and sliced  
 Bragg's Healthy Vinaigrette

#### Instructions:

##### *Southwest Stuffed Red Bell Peppers*

1. Add quinoa and vegetable stock to a saucepan and bring to a boil. Once boiling, reduce heat, cover and simmer for 20 minutes. Remove from heat.
2. **Preheat oven to 375 degrees.** Lightly grease a 9x13 baking dish, or rimmed baking sheet.
3. Brush halved peppers with olive oil.
4. Add cooked quinoa to a large mixing bowl and add salsa, cumin, chili powder, black beans and corn. Season accordingly to taste.
5. Generously stuff halved peppers with quinoa mixture until all peppers are full then cover the dish with foil.
6. Bake for 30 minutes then remove foil. **Increase heat to 400 degrees F.** and bake for another 15 minutes until peppers are soft and slightly golden brown.
7. Serve with desired toppings and chopped salad.

##### *Cherry Tomato & Avocado Chopped Salad*

1. Place hydro lettuce in bowl and fold in sliced cherry tomatoes. Top with avocado slices. Dress with Bragg's Healthy Vinaigrette

## Roasted Plum and Goat Cheese Salad with Rhu Baguette

GF\*, V

### Ingredients:

#### *Salad*

1 Lb. plums  
1 Tbsp. melted butter  
2 tablespoons Balsamic Vinegar  
1 tsp. freshly ground black pepper, plus more for serving  
5 oz. mixed salad lettuce  
4 oz Three Graces Dairy Bee's Knees Goat Cheese, crumbled

#### *Balsamic Dressing*

4 Tbsps. Oreno olive oil  
1 Tbsps. Balsamic Vinegar  
2 tsps. Dijon Mustard  
Pinch of sea salt, plus more for serving

Rhu Baguette\*

\*GF Option- Consider Eat More Bakery  
Buttermilk Biscuits

### Instructions:

1. Preheat the oven to 350°F.
2. Pit the plums and slice them into eighths. On a rimmed baking sheet lined with parchment paper, toss the plum slices with the melted butter, balsamic vinegar, and black pepper. Roast, turning once, until the plums are soft and caramelized, 15 to 20 minutes. Let cool.
3. Meanwhile assemble salad greens in a large bowl.
4. Make the dressing: In a small bowl, whisk together the olive oil, vinegar, mustard and salt. Pour the dressing over the salad greens and toss to coat.
5. Scatter the plums over the dressed spinach and crumble the goat cheese on top. Season with salt and pepper. Serve with Rhu Bakery Baguette.

## Blue Dream Curry House Yellow Curry with Pattypan Squash and Carrots

GF

### Ingredients:

2 Tbsps. olive oil  
2 sweet candy onions, sliced thin  
1 Lb. pattypan squash, chopped  
1 bunch carrots, chopped  
1 Pint Blue Dream Curry House Yellow Curry Sauce  
2 cups Jasmine Rice

### Instructions:

1. Prepare 2 cups Jasmine Rice per instructions.
2. Heat a Dutch oven or saucepan over medium-high heat and add olive oil.
3. Add in onions, carrots and saute until onions are translucent.
4. Add in chicken, and cook until chicken is no longer pink.
5. Add in pattypan squash and saute for 2 minutes.
6. Pour in Blue Dream Curry House Yellow Curry Sauce. .
7. Simmer covered for 10 to 15 minutes until squash and carrots are cooked through.
8. Remove from heat. Enjoy over rice.

## Sesame Salmon with Asian Pear Slaw and Cucumber Salad

GF, DF

### Ingredients:

#### *Salmon*

1/4 cup soy sauce  
1/4 cup honey  
1/4 cup fresh orange juice  
1/2 teaspoon toasted-sesame oil  
1 piece (1 inch) peeled fresh ginger, thinly sliced  
1 Lb. Salmon

#### *Asian Pear Salad*

2 Asian pears  
1 Tbsp. honey  
2 Tbsps. cilantro  
1 Tbsp. fresh lemon juice  
1 Tbsp. apple cider vinegar  
1 tsp. Sea salt

#### *Cucumber*

1 Lb. medium sized cucumbers  
1 teaspoon salt  
2 Tbsp. dark sesame oil  
2 Tbsp. seasoned rice vinegar  
1/2 tsp. red chili flakes

### Instructions:

#### *Salmon*

1. Preheat broiler. Whisk together soy sauce, honey, orange juice, toasted-sesame oil, and ginger in a medium glass baking dish. Add salmon fillets, skin side up. Let stand for 15 minutes to marinate.
2. Transfer salmon to a rimmed baking sheet, flesh side up; reserve marinade. Broil salmon until flesh is slightly firm to the touch, 5 to 6 minutes. Meanwhile, bring marinade to a boil in a small saucepan. Cook until reduced by half, about 3 minutes. Drizzle glaze over salmon.

#### *Pear Slaw*

1. Cut pears into matchstick pieces. Toss pears with Cilantro honey, lemon juice, vinegar, and salt.

#### *Cucumber Salad*

1. Peel the cucumbers. Cut them into quarters, lengthwise. Cut the cucumbers again, crosswise, into 1/2-inch thick pieces.
2. Place cucumbers into a serving bowl. Sprinkle with salt. Toss with sesame oil, seasoned rice vinegar, and chili flakes.

## "Madison Pot Pie" Roasted Veggie Pot Pie

V

### Ingredients:

#### *Pot Pie*

Madison Pot Pie Roasted Veggie Pot Pie

### Instructions:

#### *Pot Pie*

1. Prepare Roasted Veggie Pot Pie per instructions on the outer container

## MEPD Shopping List

### Produce:

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

#### Includes:

Sungold Cherry Tomatoes – 1 Pint – Local, Organic - Ivy Creek Family Farm  
Sweet Candy Onion – 1 Pound – Local, Organic - Ivy Creek Family Farm  
Red Cabbage – 1 Head – Local, Organic – Freedom Farm  
Mixed Salad Mix – 5 Ounces – Local, Organic – Greenshine Farm  
Peaches – 1 Pound – Local, IPM – Parker Orchard  
Green Beans – 1 Pound – GA, Organic – Crosset Organics  
Cherries – 1 Pound – WA, IPM – Crosset Organics  
Mixed Summer Squash – 1 Pound - Local, Organic – New Appalachia  
Mixed Color Potatoes – 2.5 Pounds – Local, Organic – Freedom Farm  
Cucumbers – 2 Pieces – Local, Organic – New Sprout Farm

### Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Yellow Bell Peppers \\$4.99](#)

[Avocado \\$4.99](#)

[Ginger \\$2.99](#)

### Pantry:

[Quinoa \\$8.99](#)

[Green Mountain Gringo Salsa \\$6.99](#)

[Fig Food Black Beans \\$4.49](#)

[Bragg's Healthy Vinaigrette \\$6.49](#)

[Jasmine rice \\$6.99](#)

### Bakery:

[Rhu Baguette \\$3.99](#)

### Dairy:

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

### Meat:

[1 Lb. Wild-caught Alaskan Salmon \\$14.99](#)

### Prepared:

[Madison Pot Pie Roasted Veggie \\$17.99](#)

[1 pint Blue Dream Curry House Mellow Yellow \\$7.99](#)

**Total: \$147.84**

**Price Per Serving: \$7.39**

## Pantry

### Oils/Fats:

[Oreno Olive oil \\$14.99](#)

butter

Toasted sesame oil

### Vinegar:

Balsamic vinegar

Apple cider vinegar

### Herbs/Spices:

Salt

Pepper

Crushed red pepper

Cumin

Chili powder

Garlic powder

### Condiments/Sweeteners:

[Honey \\$11.99](#)

Dijon mustard

### Grocery:

Chicken Stock

Frozen corn

Orange juice