



*\*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 8-14-2018**

**Fairy Tale Eggplant Parmesan**

**Korean BBQ Chicken and Roasted Zucchini**

**Southwestern Steak Salad with Cilantro Avocado Dressing**

**"Mellow Yellow" Curry**

**Sun-Dried Tomato, Herb & Fromage Quiche**

### **Fairy Tale Eggplant Parmesan**

**GF\*, V**

#### **Ingredients:**

1 Lb Fairy Tale Eggplant, cut crosswise into ¼ inch slices  
4 egg whites  
¼ tsp. salt  
2 cups breadcrumbs of choice  
¼ cup finely grated parmesan cheese  
1 large garlic clove minced or pressed  
2 tsps. dried basil  
3.5 cups Rio Bertolini Marinara sauce  
1 cup ricotta cheese  
2 cups Happy Cow Creamery Mozzarella Cheese, grated

#### **Instructions:**

1. Preheat oven to 350 degrees. Line a large baking sheet with parchment paper.
2. Lightly beat egg whites with salt in a large shallow bowl.
3. In another large bowl, combine the breadcrumbs, parmesan cheese, garlic and basil.
4. Dip the eggplant slices in the egg whites, then coat them evenly with the breadcrumb mixture.
5. Place the breaded slices on the prepared baking sheet.
6. Bake the eggplant for about 20 minutes on each side, until coating is crisp and eggplant slices are tender.
7. Spread about half of the sauce in the bottom of an 8 x 12 baking dish
8. Layer half of the eggplant slices on top of the sauce. Spread all of the ricotta cheese evenly on the eggplant and top with 1.5 cups of the mozzarella.
9. Create a second layer with the remaining eggplant slices and cover them with the remaining sauce.
10. Sprinkle the top with the last ½ cups of the mozzarella and bake, uncovered for about 25-30 minutes until the cheese is melted and bubbly.

## Korean BBQ Chicken and Roasted Zucchini

GF, DF

### Ingredients:

2 Lbs. Queen B Farms Pastured Chicken  
1 head of garlic, peeled  
1 cup of soy sauce  
6 Tbsps. honey  
3 Asian pears, peeled, cored  
2 Tbsp. rice wine vinegar  
2 Tbsp. of sesame oil  
2 tsp. of pepper

\*Marinade recipe can be divided, and frozen for later use

### *Roasted Zucchini*

1 Lb. zucchini, cut into 1-inch chunks  
1 Vidalia Onion, sliced thin  
2 Tbsps. olive oil  
Salt to taste

### Instructions:

#### *Korean BBQ Chicken*

1. Blend all ingredients to a smooth finish to create marinade.
2. Marinade chicken for at least 4 hours or overnight.
3. Prepare grill.
4. Grill chicken on each side over medium high heat for 3-4 minute per side.

#### *Roasted Zucchini*

1. Preheat the oven to 400 F.
2. Toss the zucchini, onion, olive oil and salt together in a bowl.
3. Spread the mixture out onto a sheet pan. Bake 15 to 25 minutes or until the zucchini is tender.

## Southwestern Steak Salad with Cilantro Avocado Dressing

GF, DF

### Ingredients:

#### *Salad*

1 lb. Hickory Nut Gap Farm Ribeye Steak, thawed  
salt & pepper to season  
1 head of red leaf lettuce, thinly sliced  
1 red bell pepper, julienned  
1 pint mix color cherry tomatoes, halved  
2 ears sweet corn, shucked, boiled and kernels cut from cob  
15 oz. Fig black beans, drained  
1 avocado, sliced  
cilantro for garnish

#### *Cilantro Avocado Dressing*

1 cup fresh cilantro  
1 avocado  
1/4 cup fresh lime juice  
1 tablespoon red wine vinegar  
1 Tbsp. olive oil  
1/4 tsp. red pepper flakes  
1/4 tsp. ground cumin  
salt and pepper to taste

### Instructions:

1. Preheat the grill to medium high heat.
2. In a small food processor, add fresh cilantro, avocado, lime juice, red wine vinegar, olive oil, red pepper flakes, and ground cumin. Blend until smooth and creamy. Add salt and pepper to taste.
3. Season the steak on both sides with salt and pepper.
4. Place the steak on the grill and grill each side for 3-4 minutes. Remove and let rest for 3 minutes, then thinly slice.
5. Assemble the salad: in a large bowl add lettuce, cherry tomatoes, corn, black beans, bell peppers, avocado, and thinly sliced steak. Serve with Cilantro Avocado Dressing.

**“Mellow Yellow” Curry**  
**GF, DF, V**

**Ingredients:**

2 Tbsps. Olive oil  
1 Lb. green beans, washed and ends trimmed  
1 Lb. carrots, washed and sliced into coins  
1.25 Lbs. red potatoes, washed and diced  
1 pint “Mellow Yellow” Curry Sauce  
2 cups Jasmine Rice, prepared per instructions

**Instructions:**

1. Prepare rice per instructions
2. In a large skillet or wok heat olive oil over medium high heat
3. Once warm, add green beans and carrots to pan and saute until vegetables are tender
4. Add potatoes to pan and saute for about 4 minutes
5. Add curry sauce to pan, bring to low boil and reduce heat to simmer for 15 minutes
6. Serve curry over rice and enjoy!

**Sun-Dried Tomato, Herb & Fromage Quiche**  
**GF, V**

**Ingredients:**

The Rhu Bakery Sun-Dried Tomato, Herb & Fromage Quiche

**Instructions:**

1. Gently warm quiche in 350 degree oven for approx 15 minutes or until warm. Enjoy!

## MEPD Shopping List

### Produce:

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

#### Includes:

Muscadines - 1 Pound - Local, Organic - Uncle Henry Farm  
Fairy Tale Eggplant - 1 Pound - Local, Organic - Timberwood Organics  
Carrots - 1 Pound - Local, Organic - Clem's Organic Farm  
Red Leaf Lettuce - 1 Head - Local, Organic - Riverstone Farm  
Asian Pears - 6 Pieces - Local, IPM - Parker Orchard  
Sweet Corn - 6 Ears - GA, Non-GMO - Crosset Organics  
Zucchini - 1 Pound - Local, Organic - Patty's Farm  
Green Beans - 1 Pound - Local, Organic - Cottle Farm  
Sweet Vidalia Onions - 1 Pound - Local, Organic - Oso Sweet Farm

### Add-On Produce:

[Garlic \\$2.99](#)

[Mixed bell peppers \\$4.99](#)

[1 pint mix color cherry tomatoes \\$4.99](#)

[Avocados \\$4.99](#)

[cilantro \\$2.99](#)

[1.25 Lbs. red potatoes \\$2.99](#)

### Meat:

[2 Lbs. Queen B Pastured chicken breasts \\$23.98](#)

[Hickory Nut Gap Farm Ribeye steak \\$14.95](#)

### Dairy:

[Organic Valley Parmesan Cheese \\$4.99](#)

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

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

### Prepared:

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

[2 Pints Rio Bertolini Tomato Basil sauce \\$13.98](#)

[Rhu Bakery Sun-Dried Tomato, Herb & Fromage Quiche \\$18.99](#)

### Pantry:

[Lundberg Jasmine Rice \\$6.99](#)

[15 oz. Fig black beans \\$4.49](#)

**Total: \$166.29**

**Price Per Serving: \$8.31**

## Pantry

### Oils/Fats:

Olive Oil  
Sesame oil

### Vinegar:

Rice wine vinegar  
Red wine vinegar

### Herbs/Spices:

Salt  
Pepper  
Ground cumin  
Dried basil  
Red pepper flakes

### Grocery:

Breadcrumbs  
Soy sauce or Tamari  
honey

### Dairy:

Ricotta cheese

