



**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 8-15-2017

Bhindi “Midnight Masala” Curry

Lemony Mixed Color Bean Pasta Salad

Korean BBQ Chicken with Cucumber Salad and Roasted Patty Pan Squash

Grilled Salmon with Kale, Raspberry, Walnut & Avocado Salad

Breakfast Biscuits with Grilled Balsamic Peaches & Mixed Green Salad

Bhindi “Midnight Masala” Curry

GF, V

Ingredients:

3 Tbsps. Olive oil
 2 Sweet Candy Onions, 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.

Lemony Mixed Color Bean Pasta Salad

GF, V

Ingredients:

Pasta Salad
 1 Lb. Tinkyada GF Penne Pasta
 1 Lb. trimmed green beans
 1 large red onion, sliced thin
 6 oz crumbled Three Graces Dairy Garlic and Herbs goat cheese
 1 cup walnut halves and pieces, toasted

Instructions:

Pasta Salad

1. Cook pasta according to directions. Drain and set aside to cool.
2. Steam green beans until crisp tender, about 4-5 minutes.
3. In a large mixing bowl combine cooled pasta with green beans and toss. Add red onion, walnuts and

<p><i>Vinaigrette</i></p> <p>1 tsp. finely grated lemon zest 4 Tbsps. freshly squeezed lemon juice 2 tsps. honey 1 tsp. Lusty Monk Mustard 8 Tbsps. Olive oil Salt and pepper to taste</p>	<p>feta along with dressing and stir until combined. Taste for salt and pepper and add to taste.</p> <p><i>Vinaigrette</i></p> <ol style="list-style-type: none"> 1. In a small bowl, whisk together the lemon zest, lemon juice, honey, mustard, and salt, whisking until the honey and salt are dissolved. 2. Add 4 tablespoons of the oil in a slow stream, whisking constantly until the dressing is well blended. 3. Season with salt and freshly ground black pepper. 4. Pour vinaigrette over pasta salad and fold to combine.
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**Korean BBQ Chicken with Cucumber Salad and Roasted Patty Pan Squash
GF**

<p>Ingredients:</p> <p><i>Korean BBQ Chicken</i></p> <p>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</p> <p>*Marinade recipe can be divided, and frozen for later use</p> <p><i>Cucumber Salad:</i></p> <p>2 thinly sliced cucumbers ¼ cup finely sliced red onion ¼ cup rice wine vinegar 1 tsp. honey 1 tsp. sesame seeds ½ tsp. sesame oil ¼ tsp red pepper flakes ½ tsp. sea salt</p> <p><i>Roasted Patty Pan Squash</i></p> <p>1 Lb. Patty Pan Squash, cut into 1-inch chunks 1 Sweet Candy Onion, sliced thin 2 Tbsps. olive oil</p>	<p>Instructions:</p> <p><i>Korean BBQ Chicken</i></p> <ol style="list-style-type: none"> 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. Serve with cucumber salad and patty pan squash. <p><i>Cucumber Salad</i></p> <ol style="list-style-type: none"> 1. Add thinly sliced cucumber, sliced red onion and sesame seeds to a medium size bowl. Set aside. 2. In a small bowl mix together rice wine vinegar, honey, sesame oil, red pepper flakes, and sea salt 3. Add dressing to the cucumber bowl. Toss to mix everything. 4. Serve immediately or cover and let sit in the refrigerator for an hour or two to let all the flavors meld. <p><i>Roasted Patty Pan Squash</i></p> <ol style="list-style-type: none"> 1. Preheat the oven to 400 F. 2. Toss the squash, 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 squash is tender.
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Salt to taste	
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Grilled Salmon with Kale, Raspberry, Walnut & Avocado Salad
GF, DF

<p>Ingredients:</p> <p><i>Salmon</i></p> <p>4 (6- to 8-ounce) salmon fillets Salt and pepper Olive oil</p> <p><i>Salad</i></p> <p>1 bunch Lacinato kale, destemmed and chopped ¼ tsp salt ½ red onion, sliced thinly ½ cup walnuts, chopped 1 avocado, cubed 6 oz. raspberries</p>	<p>Instructions:</p> <p><i>Salmon</i></p> <ol style="list-style-type: none"> 1. Prepare grill and bring to medium high heat. 2. Season the salmon with salt and pepper, lightly oil the grate of the grill, then place the fillets skin-side up over the fire and cook for about 2 to 3 minutes, until lightly browned. 3. Gently flip the salmon over and cook 3 to 4 minutes. <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. Place chopped kale in a large bowl. Sprinkle with salt and massage salt into leaves with hands until they turn a bit darker in color. 2. Whisk together the dressing ingredients. Pour over top of salad and massage dressing into leaves for about a minute. 3. Add red onion, walnuts, avocado and raspberries. Toss to combine. Sprinkle with salt and pepper to taste.
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“Breakfast Biscuits with Grilled Balsamic Peaches & Mixed Green Salad
GF*, DF, V

<p>Ingredients:</p> <p><i>Biscuits</i></p> <p>Rhu Bakery Buttermilk Biscuits* 4 Queen Bee Farm pastured eggs Salt and pepper to taste</p> <p>*GF option: Eat More Bakery Biscuits</p> <p><i>Salad</i></p> <p>1/4 cup balsamic vinegar 2 tablespoons honey 4 peaches, halved, and pitted 5 oz. Mixed Lettuce Greens</p>	<p>Instructions:</p> <p><i>Biscuits</i></p> <ol style="list-style-type: none"> 1. Prepare pastured eggs as desired. Recommend over medium, seasoned with salt and pepper to taste 2. Warm biscuits and top with prepared eggs. <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. Bring vinegar to a boil in a saucepan, reduce heat and simmer until reduced in half. Remove from heat and stir in honey. 2. Coat grill rack with cooking spray and heat grill. Lightly coat peach halves with spray Place peaches, cut side facing down on the grill and cook until well marked, about 3 minutes. 3. Turn and cook until fairly tender, about 3 minutes longer. Brush the tops with the vinegar mixture and grill another 1 minute.
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4. Arrange grilled peaches over mixed lettuce greens.

MEPD Shopping List

Produce:

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

Includes:

Mixed Salad Lettuce - 5 Ounces - Local, Organic - Greenshine Farm
Raspberries - 6 Ounces - CA, Organic - Crosset Organics
Sungold Cherry Tomatoes - 1 Pint - Local, Organic - Ivy Creek Family Farm
Sweet Candy Onions - 1 Pound - Local, Organic - Ivy Creek Family Farm
Peaches - 1 Pound - Local, IPM - Parker Orchard
Okra - 1 Pound - Local, Organic - Otter Branch Farm
Cucumbers - 2 Pieces - Local, Organic - Cottle Farm
Mixed Color Beans - 1 Pound - Local, Organic - Westerhill Farm
Patty Pan Squash - 1 Pound - Local, Organic - New Appalachia
Asian Pears - 3 Pieces - Local, IPM - Parker Orchard
Lacinato Kale - 1 Bunch - Local, Organic - New Appalachia

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Avocado \\$4.99](#)

[Red onion \\$2.99](#)

Pantry:

[Jasmine rice \\$6.99](#)

[Tinkyada GF Penne Pasta \\$5.99](#)

Bakery:

[Rhu Buttermilk Biscuits \\$5.99](#)

Dairy/Eggs:

[Three Graces Dairy Garlic and Herbs Goat Cheese \\$6.99](#)

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

Meat:

[2 Lbs. Wild-caught Alaskan Salmon \\$29.98](#)

[2 Lbs. Queen B Farms Pastured Chicken \\$23.98](#)

Prepared:

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

Total: \$146.86

Price Per Serving: \$7.35

Pantry

Oils/Fats:

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

butter

Sesame oil

Vinegar:

Balsamic vinegar

Rice Wine Vinegar

Herbs/Spices:

Salt

Pepper

Crushed red pepper

Nuts/Seeds:

Walnuts

Sesame seeds

Condiments/Sweeteners:

[Honey \\$11.99](#)

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

Soy Sauce