



***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 8-21-2018

Spaghetti Squash with Carolina Bison Meatballs & Mixed Green Salad

Indian Shrimp Curry & Cucumber Raita

Broccoli and Sweet Pepper Stir Fry

Quinoa, Pear and Roasted Sweet Potato Salad With Walnuts

Madison County Pot Pie Chicken Pot Pie and Honey & Cinnamon Stewed Apples

Spaghetti Squash with Carolina Bison Meatballs & Mixed Green Salad

GF, DF

Ingredients:

Spaghetti Squash

1 Local Spaghetti Squash

Meatballs

1 Lb. Carolina Bison, ground

1 egg

2 Tbsp. dried Italian seasoning

1 tsp. Garlic powder

1 tsp. Onion powder

1 tsp. Salt

¾ tsp. Black pepper

Sauce

1 pint Rio Bertolini Tomato Basil Sauce,
thawed

Instructions:

Spaghetti Squash

1. Preheat oven to 400.
2. Halve raw spaghetti squash with a sturdy sharp knife, scoop out, and discard the seeds with a spoon.
3. Place halves onto an oven safe cooking dish face up.
4. Bake for 40 minutes
5. Remove from oven and let cool. When cool enough to handle, use fork to scoop and separate squash strands into "spaghetti"

Meatballs

1. Preheat your oven to 400 F. Line a baking sheet with parchment paper.
2. Combine all the ingredients in a large bowl, and mix with clean hands to combine. Don't overwork the meat because it'll end up making for tougher meatballs.
3. Use a rounded ½ cup measure to portion out the meat. Gently roll into a ball and place on the baking sheet. Repeat this with the rest of the mixture.
4. Bake for about 15 to 20 minutes or until the meat is cooked through.
5. While meatballs and squash are baking, place sauce in a 2 quart sauce pan. Bring to a simmer. When meatballs are finished baking, gently place meatballs in sauce to incorporate flavors. Serve sauce over spaghetti squash.

Indian Shrimp Curry & Cucumber Raita

GF, DF

Ingredients:

Curry

Karen's Spice Kitchen Indian Shrimp Curry pack
1 large onion, chopped
3 cloves garlic, minced
2 Tbsps. olive oil
1 Lb. cooked, peeled and deveined shrimp
2 Tbsps. lemon juice
1 can Native Forest coconut milk
1 pint chopped mixed color cherry tomatoes, seeded and halved
1/4 cup chopped fresh cilantro plus extra sprigs for garnish if desired

Rice

2 cups Lundberg Jasmine Rice
4 cups water
Olive Oil
Salt

Raita

1 cucumber
½ tsp. Ground cumin
2 cups Wholesome Country plain, whole-milk yogurt
1 clove garlic, peeled and minced
2 Tbsps. Cilantro leaves, chopped
Cayenne or paprika to garnish

Instructions:

1. Prepare rice per instructions.
2. In a 4 to 5 quart pot, cook the diced onions in oil until transparent. Add the garlic and cook for a minute more.
3. Turn down the heat and add the contents of the larger spice packet. Cook for another few seconds, stirring constantly. Add the lemon/lime juice, coconut milk and tomatoes. Cook the mixture at a simmer (on lowest heat), stirring occasionally for about 10 minutes. Taste and add additional hot chili powder, a little at a time, if you like it hotter.
4. Stir in the shrimp and if desired, the fresh cilantro. Cook for another 2 – 3 minutes before serving over Jasmine rice.

Raita

1. Peel cucumber.
2. Cut lengthwise into 1/4-inch strips, then into thin slices crosswise.
3. Blot off moisture.
4. Toast cumin seeds for a few seconds in a small, heavy frying pan over high heat.
5. In a bowl, stir yogurt until it is smooth.
6. Mix it with the cumin, garlic and cilantro leaves.
7. Combine mixture with cucumber slivers, sprinkle with cayenne or paprika, and chill before serving.

Broccoli and Sweet Pepper Stir Fry

GF*, DF

Ingredients:

1 Tbsp. sesame seeds, toasted
2 Tbsp. olive oil
1 tsp. sesame seed oil
2 cloves garlic, minced
1 Tbsp. fresh ginger, finely chopped
1 onion, sliced
1 Lb. broccoli, cut into bite size pieces
1 Lb. mixed sweet peppers, thinly sliced
3.5 oz. shiitake mushrooms, thinly sliced
1/3 cup chicken stock
3 tsps. soy sauce

Instructions:

1. In a wok or large skillet, heat oils over high heat.
2. Stir fry the garlic and ginger for 30 seconds.
3. Add onions stir fry 1 minute.
4. Add mushrooms, stir fry 1 minute.
5. Add broccoli, stir fry 1 minute.
6. Add red pepper and stir fry for 1 minute.
7. Add stock & soy sauce, bring to a simmer for about 1 minute or until the veggies are cooked to your liking.
8. Sprinkle with sesame seeds and serve.

Quinoa, Pear and Roasted Sweet Potato Salad With Walnuts
GF, DF, V

Ingredients:

1 cup quinoa
 4 sweet potatoes, scrubbed but not peeled, cut into 1/2-inch cubes
 4 Tbsps. olive oil
 1/2 cup fresh parsley leaves, chopped
 2 large scallions, trimmed and thinly sliced
 2 Asian pears, cored but not peeled, cut into 1/2-inch cubes
 1/4 cup fresh lemon juice
 2 Tbsps. maple syrup
 1/2 tsp. salt
 1/2 tsp. freshly ground black pepper
 1/2 cup walnut pieces, coarsely chopped, for garnish

Instructions:

1. Cook the quinoa per instructions. Let cool.
2. Meanwhile, preheat the oven to 400 degrees. Toss the sweet potatoes with 1 tablespoon of the oil on a large rimmed baking sheet. Roast until fork-tender, 10 to 15 minutes. Let cool.
3. Combine the quinoa, sweet potatoes, parsley, scallions and pears in a large mixing bowl.
4. Whisk together the remaining 3 tablespoons of oil, the lemon juice, maple syrup, salt and pepper in a small bowl, until emulsified.
5. Pour the dressing over the quinoa mixture and toss to coat. Serve topped with walnuts.

Madison County Pot Pie Chicken Pot Pie and Honey & Cinnamon Stewed Apples

Ingredients:

Madison County Pot Pie- Chicken Pot Pie, Family Size

Stewed Apples

1 Lb. Gala apples, peeled, cored and sliced
 1 Tbsp. honey
 1 Tbsp. cinnamon
 1 tsp. vanilla extract
 1 cup boiling water

Instructions:

Pot Pie

1. Prepare Chicken Pot Pie per instructions.

Stewed Apples

1. While Chicken Pot Pie is baking, prepare apples. Heat a large, thick bottom pot with a fitted lid over high heat. Add apples to pot and dust with cinnamon.
2. Pour over hot water, add honey and vanilla, stir to combine.
3. Cover and simmer for about 20 or so minutes on medium heat, or until apples are fully cooked. Serve with Chicken Pot Pie

MEPD Shopping List

Produce:

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

Includes:

Asian Pears - 2 Pounds- Local, IPM - Parker Orchard
Mixed Sweet Peppers - 1 Pound - Local, Organic - R Farm
Broccoli - 1 Pound - GA, Organic - Crosset Organics
Gala Apples - 1 Pound - Local, IPM - Parker Orchard
Mixed Green Salad Mix - 5 Ounces - Local, Organic - Greenshine Farm
Mixed Cherry Tomatoes - 1 Pint - Local, Organic - Ivy Creek Family Farm
Sweet Potatoes - 4 Pieces - Local, Organic - Williamson Organics
Spaghetti Squash - 1 Piece - Local, Organic - R&R Farm
Cucumbers - 1 Pound - Local, Organic - Tumbling Shoal Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Vidalia onions \\$2.99](#)

[Cilantro \\$2.99](#)

[Ginger \\$3.99](#)

[Shiitake mushrooms \\$4.99](#)

[Parsley \\$2.99](#)

Dairy:

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

[Wholesome Country plain yogurt \\$6.99](#)

Meat:

[1 Lb. Carolina Bison \\$11.99](#)

[1 Lb. Wild Caught Shrimp \\$16.95](#)

Prepared:

[1 pint Rio Bertolini Tomato Basil Sauce \\$6.99](#)

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

Pantry:

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

[Madison County Pot Pie- Chicken Pot Pie, Family Size \\$17.95](#)

[Karen's Spice Kitchen Indian Shrimp Curry Pack \\$4.99](#)

Total: \$150.76

Price Per Serving: \$7.53

Pantry

Oils/Fats:

Olive oil
Sesame oil

Herbs/Spices:

Salt
Pepper
Italian seasoning
Oregano
Garlic powder
Onion powder
Ground cumin
Cayenne
Cinnamon
Vanilla extract

Nuts/Seeds:

Sesame seeds
walnuts

Grocery:

Chicken stock
Scallions
Maple syrup

