



**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 8-22-2017

Pimento Cheese Tomato Pie and Purple Onion & Cucumber Salad
 Asian Pear, Walnut, and Blue Cheese Pizza & Grilled Romaine Salad
 Chopped Apple Salad and Roasted La Ratte Potatoes with Shiitakes and Spring Onions
 Ratatouille with Rhu Bakery Ciabatta Loaf
 Avocado Strawberry Caprese Salad

Pimento Cheese Tomato Pie and Purple Onion & Cucumber Salad GF, V

Ingredients:

Pimento Cheese Tomato Pie

Eat More Bakery Gluten Free Pie Crust
3 Heirloom Tomatoes, sliced thin
1 cup pimento cheese
½ cup parmesan cheese
½ cup Duke’s Mayonnaise
½ cup green onions
¼ cup fresh basil

Purple Onion & Cucumber Salad

Ingredients:

2 cucumbers, peeled or not, your preference
½ purple onion
½ cup apple cider vinegar
¼ cup olive oil
2 Tbsps. honey
½ tsp. salt
½ tsp. pepper
½ tsp garlic powder
2 Tbsps. chopped fresh dill

Instructions:

Pimento Cheese Tomato Pie

1. Slice tomatoes, and lay on paper towels or a clean kitchen towel to absorb extra liquid for about 15 minutes.
2. Pierce the crust with a fork (dock) and par bake for about 5-10 minutes at 350.
3. Combine the cheese and mayonnaise mixture. Spread a thin layer of the cheese mixture in the bottom of the crust. Layer with tomatoes, basil and onions. Repeat until crust is full. Finish with layering the cheese mixture on the top.
4. Bake at 325 for 25 minutes or until crust is light brown and cheese is bubbly. Let it set up for 15 minutes before cutting and serving.

Purple Onion & Cucumber Salad

1. Cut the cucumbers lengthwise and cut into slices
2. Thinly slice the onion into slices
3. Place both in a medium sized bowl
4. In a 2 cup measuring cup, mix the vinegar, olive oil, honey, salt, pepper, garlic powder and dill and whisk well
5. Pour the mixture over the cucumbers and onions and stir until well coated

- Ideally, store the in the fridge for at least 2 hours to let the flavors marry

Asian Pear, Walnut, and Blue Cheese Pizza & Grilled Romaine Salad

GF*, V

Ingredients:

Pizza

- 1 Rio Bertolini Pizza Dough Ball, divided, or 2 Eat More Bakery GF Pizza Crusts**
- 8 oz. shredded mozzarella**
- 3 Asian Pears, sliced**
- 1 oz. walnuts, chopped**
- ½ cup blue cheese**
- 1 purple onion, sliced thin**
- 1 Tbsp. butter**
- 2 Tbsp. olive oil for brushing crust**

Grilled Romaine Salad

Ingredients:

- 1 head of romaine**
- 1 Tbsp. balsamic vinegar**
- 1 Tbsp. olive oil**
- ¼ cup parmesan cheese**
- Salt and pepper to taste**

Instructions:

- Prepare pizza dough per instructions
- Preheat oven to 350. Arrange chopped walnuts into a single layer. Toast until slightly brown, about 5-10 minutes
- Place pizza stone or pan inside and raise temperature to 450 for 10 minutes to help crust be crispy
- Melt butter in a skillet over medium heat. Add sliced onions and cook until caramelized, stirring occasionally, about 10-15 minutes. Set aside.
- Roll both pizza dough balls out onto floured surface (maintain GF or not with flour)
- Brush dough with olive oil. Cover the pizza crusts with a layer of mozzarella cheese, distributing evenly over both pizzas. Top both pizzas evenly with pears, toasted walnuts, blue cheese and caramelized onions
- Transfer pizza to pan or stone and cook until cheese melts and crust turns golden brown, about 10 minutes.
- Let cool for 5-10 minutes before cutting.

Instructions:

- Trim the bottom of the lettuce but keep core intact, then cut the lettuce lengthwise. Rinse lettuce inside and out, drain, cut side down on paper towels, or clean kitchen rags
- Brush the cut side down with olive oil, sprinkle with salt and pepper
- Heat grill pan until just smoking. Place lettuce cut side down and place on grill pan. Grill for 2 minutes. Check for light browning inside. Remove from grill. Sprinkle with parmesan cheese and drizzle with balsamic vinaigrette
- Vinaigrette: 1 Tbsp. balsamic vinegar, whisked with 1 Tbsp. olive oil, and pinch of fresh black pepper

Chopped Apple Salad and Roasted La Ratte Potatoes with Shiitakes and Spring Onions

GF, V

Ingredients:

Chopped Apple Salad

6 apples Gala Apples skin left on, core removed and cut into 1/2-inch dice
4 cups spinach
1 cup toasted coarsely chopped walnuts
6 oz. blue cheese, crumbled
Salt and pepper to taste
3 Tbsp. apple cider vinegar
2 Tbsp. olive oil
1 tsp. honey
¼ tsp. salt

Roasted La Ratte Potatoes

For the potatoes

1.25 Lbs. La Ratte potatoes, scrubbed and dried
3 garlic cloves, peeled
1.5 Tbsp. olive oil
2 tsps. fresh thyme leaves
Salt and pepper to taste

For the leeks and mushrooms

2 Tbsps. unsalted butter
1 Tbsp. olive oil
2 spring onions, cut in half lengthwise, then cut into 1/4 inch slices
1 clove garlic, peeled and sliced
3.5 oz. shiitake mushrooms, stems trimmed and caps brushed clean, sliced into chunks
Salt and pepper to taste

Instructions:

Chopped Apple Salad

- 1. Assemble the vinaigrette:** Whisk together apple cider vinegar, olive oil, honey and salt.
- 2. Combine the apples, spinach, walnuts and blue cheese** in a large bowl. Add the vinaigrette and toss to coat, season with salt and pepper, to taste.

Roasted La Ratte Potatoes

- 1. Preheat the oven to 375 degrees Fahrenheit.**
- 2. Place the potatoes** in a shallow dish. Toss them in olive oil with the garlic, thyme, salt, and a little freshly ground pepper. Roast the potatoes in the oven for about 45 minutes, until wrinkled and tender.
- 3. Meanwhile, melt 1 Tbsp. butter** in a large sauté pan over medium heat. Add the spring onions and sweat until tender, about 10 minutes. Do not allow the spring onions to brown. Season the spring onions with a pinch of salt and a bit of freshly ground pepper. Remove the spring onions from the pan and set them aside.
- 4. Heat another Tbsp. of butter and 1 Tbsp. olive oil** in the sauté pan. Add the garlic and cook for 1 minute to infuse its flavor. Toss the mushrooms into the hot pan. Cook, stirring occasionally, until tender. This will take about 10-15 minutes. Towards the end, season the mushrooms with a pinch of salt and a bit of freshly ground pepper.
- 5. Once the potatoes are cooked, remove them from the oven and pour over mushrooms and leeks.** Toss well to combine. The potatoes will be so hot, they will warm up the spring onions and mushrooms nicely. Taste for seasoning and adjust as needed.

Ratatouille with Rhu Bakery Ciabatta Loaf

DF, V

Ingredients:

3 Tbsps. olive oil
1 purple onion, thinly sliced
4 garlic cloves, peeled and sliced
1 small bay leaf
1 eggplant, cut into 1/2-inch pieces (about 3 cups)
2 zucchini, halved lengthwise and cut into thin slices
1 Lb. mixed sweet pepper, cut into slivers
2 slicer tomatoes, coarsely chopped
1 tsp. salt
1/2 cup shredded fresh basil leaves
freshly ground black pepper
Rhu Bakery Ciabatta loaf

Instructions:

- 1. Over medium-low heat, add the oil to a large skillet with the onion, garlic, and bay leaf, stirring occasionally, until the onion has softened.**
- 2. Add the eggplant and cook, stirring occasionally, for 8 minutes or until the eggplant has softened. Stir in the zucchini, peppers, tomatoes, and salt, and cook over medium heat, stirring occasionally, for 5 to 7 minutes or until the vegetables are tender. Stir in the basil and few grinds of pepper to taste.**
- 3. Serve with sliced and toasted Rhu Bakery Ciabatta loaf**

Avocado Strawberry Caprese Salad

GF, V

Ingredients:

¼ cup balsamic vinegar
1 Lb. sliced strawberries
1 pint halved cherry tomatoes
1 cup cubed mozzarella
1 ripe avocado, pitted and diced
⅓ cup walnuts, toasted
⅓ cup loosely packed basil, torn
olive oil, for drizzling
Salt and pepper to taste

Instructions:

- 1. In a small saucepan, bring the balsamic vinegar to a high simmer over medium heat. Stir, then reduce the heat to low and simmer until the vinegar has thickened and reduced by half, about 8 to 10 minutes. Set aside to cool.**
- 2. Place the strawberries, cherry tomatoes, mozzarella, avocado, walnuts and basil in a shallow bowl or platter. Drizzle with olive oil, and season generously with salt and pepper. Gently toss. Drizzle with the reduced balsamic.**

MEPD Shopping List

Produce:

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

Includes:

Heirloom Tomatoes – 1 Pound – Local, Organic – Freedom Farm
Romaine Lettuce – 1 Head – Local, Organic – Beacon Village Farm
Strawberries – 1 Pound – CA, Organic – Crosset Organics
Cucumbers – 2 Pieces – Local, Organic – New Sprout Farm
Eggplant – 1 Piece – Local, Organic – New Sprout Farm
Purple Onions – 1 Pound – Local, Organic – Ivy Creek Family Farm
La Ratte Potatoes – 1.5 Pounds – Local, Organic – R Farm
Gala Apples – 6 Pieces – Local, IPM – Parker Orchard
Mixed Sweet Peppers – 1 Pound – Local, Organic – R Farm
Asian Pears – 1 Pound – Local, IPM – Parker Orchard

Add-On Produce:

[Garlic \\$2.99](#)

[Avocado \\$4.99](#)

[Green onions \\$2.49](#)

[Spring onions \\$2.99](#)

[Fresh thyme \\$2.99](#)

[Shiitake mushrooms \\$4.99](#)

[Zucchini \\$3.99](#)

[Slicer tomatoes \\$3.99](#)

[Fresh basil x 2 \\$5.98](#)

[Cherry tomatoes \\$4.99](#)

Bakery:

[Rhu Bakery Ciabbata Loaf \\$5.99](#)

Dairy/Eggs:

[Pimento Cheese \\$6.99](#)

[Eat More Bakery GF Pie Crust \\$6.99](#)

[Rio Bertolini Pizza Dough Ball \\$2.99](#)

[Mozzarella cheese \\$6.49](#)

Total: \$107.84

Price Per Serving: \$5.39

Pantry

Oils/Fats:

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

Vinegar:

Balsamic vinegar
Apple cider vinegar

Herbs/Spices:

Salt
Pepper
Fresh dill
Garlic powder

Nuts/Seeds:

Walnuts

Condiments/Sweeteners:

[Honey \\$11.99](#)
Duke's Mayonnaise

Dairy:

Parmesan Cheese
Blue Cheese