



****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 8-28-2018

Nicoise Salad with Sustainable NC Tuna
Slow Cooked Pork Shoulder with Basil Sauce & Ginger Gold Apple Salad
Grilled Yellow Squash, Corn, and Kale Salad & Rhu Bakery Ciabatta Loaf
Karen's Spice Kitchen Chicken Tikka Masala
Rhu Bakery Tomato Pie

Nicoise Salad with Sustainable NC Tuna **GF, DF**

Ingredients:

Vinaigrette-

1/8 cup red wine vinegar
 3/4 cup olive oil
 2 Tbsp. Herbes de Provence
 1 tsp. Lusty Monk Original Sin Mustard
 Salt and pepper

Salad-

1 Lb. Grilled Tuna
 6 Queen B Farms Pastured eggs, hard boiled
 1.25 Lbs. Yukon Gold Potatoes, quartered
 5 oz. mixed lettuce, washed and dried
 1 pint mixed cherry tomatoes, halved
 1 red onion, thinly sliced
 1 Lb. green beans, trimmed and halved
 1/4 cup nicoise olives
 2 Tbsp. capers

Instructions:

*Thaw and marinate tuna steak in a little olive oil for an hour. Heat a large skillet on medium heat or place on hot grill. Cook the steak 2-3 minutes on each side until cooked through.

1. In a jar, place the oil, red wine vinegar, herbs and mustard. Cover with a lid, and shake until well blended. Add salt and pepper to taste.
2. Place onion slices in a small bowl and sprinkle with 3 Tbsp. of the vinaigrette.
3. Place potatoes in a large pot and cover with 2 inches water. Add 1 Tbsp. of salt. Heat on high to bring to a boil. Lower the heat to maintain a simmer. Cook for 10-12 minutes or so, until the potatoes are fork tender. Drain. While the potatoes are still warm, cut them into quarters. Place them in a bowl and dress them with about 1/4 cup of the vinaigrette.
4. While the potatoes are cooking, fill a medium sized pot halfway with water and salt. Bring to a boil on high heat. Add the green beans to the boiling water. Cook until tender but still firm. About 4 minutes. Drain and either rinse with cold water to stop the cooking.
5. Arrange lettuce on serving platter. Cut tuna into 1/2 " thick slices. Mound tuna in center of lettuce. Sprinkle the tomatoes and onions around the tuna. Arrange the potatoes and green beans in mounds at the edge of the lettuce.
6. Arrange hard boiled eggs and olives. Drizzle everything with the remaining vinaigrette. Sprinkle with capers.

Slow Cooked Pork Shoulder with Basil Sauce & Ginger Gold Apple Salad

GF

Ingredients:

Pork Shoulder

8 garlic cloves, finely chopped
1/4 cup olive oil
3 Tbsps. Lusty Monk Mustard
3 Tbsps. light brown sugar
2 Tbsps. salt
2 tsps. freshly ground black pepper
2 tsps. oregano leaves, finely chopped
1.5 tsps. smoked paprika
1 Hickory Nut Gap Farm pork shoulder roast, thawed

For the sauce

1 Vidalia onion, finely chopped
2 cups basil leaves, finely chopped
1 1/4 cups olive oil
1/4 cup oregano leaves, finely chopped
1 tsp. crushed red pepper flakes
1 tsp. salt
1/2 cup fresh lemon juice

Special Equipment:

A (4-quart) slow cooker

Apple Salad

1/4 tsp. sea salt
12 rosemary leaves, minced
1 medium garlic clove, peeled
1 tsp. honey
1/2 cup sour cream
2.5 tsps. white wine vinegar
freshly ground black pepper to taste
3 large celery stalks, sliced see-through thin
2 Ginger Gold Apples, cut into sixths, and then thinly sliced
1 bunch of spinach, washed and chopped
1/3 cup toasted walnuts

Instructions:

Pork Shoulder

1. Cook the pork: Mix garlic, oil, mustard, brown sugar, salt, pepper, oregano, and paprika in a small bowl to form a paste. Rub all over pork, then transfer to a resealable plastic bag or slow cooker insert and chill overnight.
2. Place pork in slow cooker, cover, and cook on low until meat is fork-tender but not yet completely falling apart, 7 1/2–8 hours.
3. Meanwhile, make the sauce: Mix onion, basil, oil, oregano, red pepper flakes, and salt in an airtight container. Cover and let rest up to 3 hours at temperature or up to 2 days in refrigerator. Stir in lemon juice just before using.
4. Transfer pork to a cutting board and let rest 5 minutes. Slice and transfer to a platter. Drizzle with sauce and serve with additional sauce alongside.

Apple Salad

1. Make the dressing first. Crush the sea salt, rosemary, garlic, and sugar into a paste with a mortar and pestle (or smash it all together with a knife). Work in the sour cream and vinegar, taste and adjust with a bit of pepper and more salt if needed.
2. When you're ready to serve, combine the celery, apples, salad greens, and most of the nuts with a few half of the dressing. Toss well, adding more dressing until it is to your liking. Finish with the remaining walnuts.

Grilled Yellow Squash, Corn, and Kale Salad & Rhu Bakery Ciabatta Loaf

GF*, DF, V

Ingredients:

1 bunch green kale, washed, destemmed and torn

1 Lb. yellow squash, quartered lengthwise

6 ears of grilled corn, shucked

1/4 cup extra-virgin olive oil, plus more for brushing

Salt and pepper to taste

Vinaigrette:

1/2 Vidalia onion, chopped

2 tablespoons fresh lime juice

1/4 cup olive oil

Salt and pepper to taste

Rhu Bakery Ciabatta loaf, sliced and toasted*

Serve with whipped butter or olive oil/balsamic vinegar

*Substitute Eat More Bakery Herbed Focaccia for GF option

Instructions:

1. Prepare the grill
2. In a large bowl, coat the squash and corn with the 1/4 cup of olive oil and season with salt and pepper. Oil the grate and grill the vegetables over moderate heat, turning occasionally, until lightly charred and just tender, about 10 minutes for the squash and 15 minutes for the corn. Cut the squash into 2-inch pieces and return to the bowl. Cut the corn kernels off of the cobs and add to the bowl; let cool to room temperature.
3. Whisk together all ingredients for vinaigrette. Place kale in a large bowl and top with all grilled vegetables. Pour dressing over salad and toss.
4. Serve with Rhu Bakery Ciabatta Loaf

Karen's Spice Kitchen Chicken Tikka Masala

GF, DF

Ingredients:

Chicken Tikka

Karen's Spice Kitchen Chicken Tikka Masala Spice Pack

1 large Vidalia onion

2 cloves garlic

2 Lbs. Queen B Farms pastured chicken breasts

2 Tbsps. lemon or lime juice

1 cup Native Forest coconut milk

1 small can tomato paste

1 cup chicken broth

1/2 cup chopped cilantro

Serve with Lundberg Jasmine Rice, Long Grain Brown Rice, or Alter Eco Quinoa

Instructions:

1. Chop and saute onion, garlic & spices
2. Add chicken and other ingredients
3. Simmer for approx 20-25 minutes

Prep time: 20 mins. Cook time: 40 mins. Serves 4-6

Rhu Bakery Tomato Pie

V

Ingredients:

Rhu Bakery Tomato Pie, delivered fresh

Instructions:

1. Gently warm tomato pie in preheated oven (325) for 15 minutes. Serve and enjoy!

MEPD Shopping List

Produce:

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

Includes:

Green Kale - 1 Bunch - Local, Organic - New Sprout Farm
Green Beans - 1 Pound - Local, Organic - Gray Faw Farm
Mixed Lettuce - 5 Ounces - Local, Organic - Greenshine Farm
Mixed Cherry Tomatoes - 1 Pint - Local, Organic - Ivy Creek Family Farm
Ginger Gold Apples - 2 Pounds - Local, IPM - Parker Orchard
Yellow Squash - 1 Pound - Local, Organic - Patty's Farm
Yukon Gold Potatoes - 2.5 Pounds - GA, Organic - Crosset Organics
Sweet Corn - 6 Ears - GA, Non-GMO - Crosset Organics

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Red onions \\$2.99](#)

[Vidalia onions \\$2.99](#)

[Oregano \\$2.99](#)

[Basil \\$2.99](#)

[Rosemary \\$2.99](#)

[Celery \\$4.99](#)

[spinach \\$4.99](#)

[Cilantro \\$2.99](#)

Dairy:

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

Meat:

[2 Lbs. Pastured Chicken Breast \\$23.98](#)

[1 Lb. NC Tuna \\$15.95](#)

[Hickory Nut Gap Pork Shoulder \\$7.99/Lb](#)

Prepared:

[Rhu Bakery Tomato Pie \\$19.99](#)

Pantry:

[Karen's Spice Kitchen Chicken Tikka Masala Spice Pack \\$4.99](#)

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

[Native Forest coconut milk \\$3.99](#)

Bakery:

[Rhu Bakery Ciabatta \\$5.99](#)

Total: \$188.75

Price Per Serving: \$9.43

Pantry

Oils/Fats:

Olive oil
Unsalted butter

Herbs/Spices:

Salt
Pepper
Herbes de Provence
Smoked paprika
Crushed red pepper flakes

Vinegar:

Balsamic vinegar
Red wine vinegar

Condiments:

Nicoise olives
capers

Nuts/Seeds:

Walnuts

Dairy:

Sour cream

Grocery:

Light brown sugar
Honey
can tomato paste
Chicken stock

