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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 8-29-2017

One Sheet Pastured Chicken, La Ratte Potatoes and Green Beans

Pizza Margherita and Mixed Lettuce Salad

Caramelized Onion Bruschetta & Gala Apple, Lacinato Kale and Cheddar Salad

Blackberry Glazed Grilled Pork Chops and Roasted Patty Pan Squash

Local Taco Kit

One Sheet Chicken, Potatoes and Green Beans

GF, DF

Ingredients:

1 Lb. Balsam Gardens Boneless Chicken Breast, chopped into bite sized pieces
 1 Lb. Green Beans, washed and stemmed
 1.25 pounds La Ratte Potatoes, washed and chopped
 4 garlic cloves, minced
 ½ cup balsamic vinegar
 ¼ cup olive oil
 Salt and pepper to taste

Instructions:

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper
2. Whisk together olive oil, balsamic vinegar, salt, pepper and garlic
3. Place all chicken, beans, and potatoes into a large bowl. Pour vinegar and oil mixture over the top and fold together to combine flavors.
4. Once oven is preheated, spread chicken and vegetable mixture onto the parchment paper lined pan.
5. Bake for 20-25 minutes and serve.

Pizza Margherita and Mixed Lettuce Salad

GF*, V

Ingredients:

Pizza
 1 Rio Bertolini pizza dough, stretched*
 Rio Bertolini Tomato Basil Sauce to cover dough
 Olive oil
 Organic Valley Shredded Mozzarella
 4 to 5 basil leaves, roughly torn
 *GF option: Use Eat More Bakery Pizza Dough (2 pack)

Instructions:

- Pizza*
1. Place a pizza stone on the middle rack of your oven and turn heat to its highest setting. Let it heat for at least an hour.
 *If no pizza stone, use a parchment paper lined baking sheet and reduce heat to 400.
 2. Put the sauce in the center of the stretched dough and use the back of a spoon to spread it

<p><i>Salad</i></p> <p>5 oz. Mixed Lettuce Salad 2 Cucumbers, peeled, seeded and chopped Olive oil Balsamic vinegar Salt and pepper to taste</p>	<p>evenly across the surface, stopping approximately 1/2 inch from the edges.</p> <ol style="list-style-type: none"> 3. Drizzle a little olive oil over the pie. Scatter the cheese over sauce. Scatter basil leaves over the top. 4. Bake until the crust is golden brown and the cheese is bubbling, approximately 7-9 minutes. <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. Assemble salad in large serving bowl. 2. Top with cucumbers and fold in to incorporate 3. Drizzle with olive oil and balsamic. Sprinkle with salt and pepper to taste. 4. Serve with pizza and enjoy!
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<p align="center">Caramelized Onion Bruschetta & Gala Apple, Lacinato Kale and Cheddar Salad</p> <p align="center">V</p>	
<p>Ingredients:</p> <p><i>Caramelized Onion Bruschetta</i></p> <p>2 Tbsps. olive oil 2 medium sweet onions, thinly sliced 1 tsp. salt 1 Tbsp. packed brown sugar 1 Tbsp. balsamic vinegar 24 slices (1/4-inch thick) Rhu Bakery Baguette 6 oz. Three Graces Dairy Garlic and Herb Goat Cheese 3 oz. cream cheese, softened 1 tsp. chopped fresh thyme leaves</p> <p><i>Kale Salad</i></p> <p>1 bunch Lacinato Kale, torn, washed and stemmed 2 Tbsps. coarsely chopped toasted almonds 2 Gala apples, cored and cut in 1/4-inch dice 1 ounce Happy Cow Creamery 3 Year Cheddar cheese, cut in 1/4-inch dice 2 Tbsps. fresh lemon juice Salt to taste 1 garlic clove, minced 5 Tbsps. olive oil</p>	<p>Instructions:</p> <p><i>Caramelized Onion Bruschetta</i></p> <ol style="list-style-type: none"> 1. In 12-inch skillet, heat oil over medium-high heat. Stir in onions; cook uncovered 10 minutes, stirring every 3 to 4 minutes. 2. Reduce heat to medium-low. Stir in salt, brown sugar, and vinegar. Cook 30 to 35 minutes longer, stirring every 5 minutes, until onions are deep golden brown. Cool slightly. 3. Heat oven to 325°F. Place bread slices on parchment paper lined cookie sheet. Bake 6 to 9 minutes or until crispy. 4. Meanwhile, in small bowl, combine goat cheese and cream cheese; blending until smooth; set aside. 5. Place 1 tsp. caramelized onions onto each bread slice; top with 1 rounded tsp. cheese mixture. Sprinkle with herbs. <p><i>Kale Salad</i></p> <ol style="list-style-type: none"> 1. Combine the kale, almonds, apple and cheddar in a large bowl. 2. Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well. Serve.

Blackberry Glazed Grilled Pork Chops and Roasted Patty Pan Squash

GF, DF

Ingredients:

Pork Chops

4 Hickory Nut Gap Farm Pork Chops
2 tsps. cinnamon
1 tsp. fresh thyme
salt and pepper, to taste
1 pint blackberries
1 cup balsamic vinegar
4 Tbsps. water

Squash

1 Lb. Patty Pan Squash, cut into 1-inch chunks
2 Tbsps. olive oil
Salt to taste

Instructions:

Pork Chops

1. Turn grill onto medium high heat
2. Place pork chops on a plate and cover pork chops in cinnamon, thyme, salt and pepper on both side and press into the pork chop.
3. While grill heats up, place a small saucepan over medium heat on your stove top and add your blackberries, balsamic vinegar, water, and a pinch of salt.
4. Let the sauce begin to mix together, stirring frequently to make sure it doesn't burn on the bottom
5. Turn heat to low and let the sauce simmer for about 3-5 minutes
6. Then pour half of the sauce into a bowl (you can leave the blackberries in the saucepan because you'll just use them to top your chops off later)
7. Use a glazing brush to glaze one side of your pork chop then place glazed side down onto your grill
8. Then glaze the other side, cover grill and let cook for 5-7 minutes per side. Make sure your chop is cooked on both sides and cook completely through before removing from grill.
9. Once pork chops are all done cooking, add to plate and top with your leftover blackberry sauce that has been simmering and thickening up

Squash

1. Preheat the oven to 400 F
2. Toss the squash, 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.

Local Taco Kit

GF, DF*

Ingredients:

Hickory Nut Gap Grass-Fed Beef - 1 Pound
Frontera Taco Skillet Sauce - 8 Ounces
Local Corn Tortillas from Tortilleria Molina - 16 Count
Yellow Organic Onion - 1 Piece

Instructions:

1. Thaw beef. Chop onion, lettuce and tomato. Shred cheddar cheese, and set aside

<p>Local/Organic Lettuce - 1 Head Local/Grass-fed Cheddar Cheese - 1 Block Medium Local/Organic Green Mountain Gringo Salsa - 16 Ounces</p> <p>*Omit Cheddar for DF</p>	<ol style="list-style-type: none"> 2. Prepare skillet with olive oil over medium high heat. Brown beef, onion and skillet sauce. Simmer per instructions. 3. Warm tortillas in oven in foil 4. Assemble tacos with tortillas, seasoned beef, lettuce, tomato, cheddar cheese and salsa
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<p>MEPD Shopping List</p> <p>Produce: Medium Sized Bin \$38 Includes: Heirloom Tomatoes – 1 Pound – Local, Organic – New Sprout Organic Mixed Salad Lettuce – 5 Ounces – Local, Organic – Greenshine Farm Gala Apples – 2 Pound – Local, IPM – Parker Orchard Lacinato Kale – 1 Bunch – Local, Organic – New Appalachia La Ratte Potatoes – 1.25 Pounds – Local, Organic – R Farm Green Beans – 1 Pound – GA, Organic – Crosset Organics Blackberries – 1 Pint – CA, Organic – Crosset Organics Patty Pan Squash – 1 Pound – Local, Organic – New Appalachia Cucumbers – 1 Pound – Local, Organic – New Sprout Organic Sweet Candy Onions – 1 Pound – Local, Organic – Ivy Creek Family Farm</p> <p>Add-On Produce: Garlic \$2.99 Lemons \$2.99 Basil \$2.99 Thyme leaves \$2.99</p> <p>Meat: 1 Lb. Balsam Gardens Chicken Breast \$11.99 4 Hickory Nut Gap Farm Pork Chops \$19.98</p> <p>Dairy: Garlic and Herb Goat Cheese \$6.99 Organic Valley Shredded Mozzarella \$5.99 Happy Cow Creamery 3 Year Cheddar Cheese \$7.99</p> <p>Prepared: Local Taco Kit \$29.99 Rio Bertolini pizza dough ball \$2.99 Rio Bertolini Tomato Basil Sauce \$5.99</p> <p>Bakery: Rhu Bakery Baguette \$3.99</p> <p>Total: \$145.86 Price Per Serving: \$7.29</p>	<p>Pantry</p> <p>Oils/Fats: Olive oil</p> <p>Vinegar: Balsamic Vinegar</p> <p>Herbs/Spices: Salt Pepper Cinnamon</p> <p>Sweetener: Brown sugar</p> <p>Dairy: Cream cheese</p> <p>Nuts: Almonds</p>
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