



**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 8-8-2017

Asian Pear and Arugula Salad with Goat Cheese with Rhu Baguette
Angel Hair Pasta with Cocktail Tomatoes and Basil & Mixed Lettuce Salad
One Pan Basil Plum Pork Chops, Roasted Sweet Potatoes and Sauteed Kale
Blackened Catfish with Lusty Monk Mustard Cream Sauce & Summer Veggie Saute
Sweet Daisy Bake Shop Broccoli Cheddar Quiche & Sauteed Green Beans and Carrots

Asian Pear and Arugula Salad with Goat Cheese with Rhu Baguette GF*, V

Ingredients:

1/4 cup extra-virgin olive oil
 2 Tbsps. fresh lemon juice
 1 tsp. honey
 1/2 tsp. chopped thyme
 Salt and freshly ground pepper
 5 oz. arugula
 3 Asian pears, peeled, cored and thinly sliced
 1/2 cup salted roasted pumpkin seeds
 3 ounces Three Graces Dairy Bee's Knees Goat Cheese, crumbled
 Sea salt, for sprinkling
 Rhu Baguette*

*Consider Eat More Bakery Parker Rolls for GF

Instructions:

1. In a small bowl, whisk the olive oil with the lemon juice, honey and chopped thyme. Season the salad dressing with salt and pepper.
2. In a large bowl, toss the arugula with the pear slices and pumpkin seeds. Add the dressing and toss well. Top with the crumbled goat cheese, sprinkle lightly with sea salt and serve with Rhu Bakery Baguette.

Angel Hair Pasta with Cocktail Tomatoes and Basil & Mixed Lettuce Salad GF*, V

Ingredients:

Pasta
 1 pint cocktail tomatoes, quartered
 1 large onion, sliced thin
 8 cloves garlic, minced
 4 sprigs fresh basil, julienned
 1/4 cup olive oil

Instructions:

Pasta

1. Drizzle olive oil in pan over medium high heat, add onions & sauté for 2 minutes.
2. Add the garlic and continue to sauté for 1-2 minutes.

<p>1/2 cup parmesan cheese, grated 2 portions Rio Bertolini Angel Hair Pasta* prepared per instructions</p> <p>*Consider Tinkyada Penne Pasta for GF</p> <p><i>Salad</i> 5 oz. Mixed Lettuce salad Bragg's Healthy Vinaigrette Salt and pepper to taste</p>	<ol style="list-style-type: none"> 3. Add the cocktail tomatoes & sauté until they soften & juices start flowing. 4. Reduce heat, stir in half of the basil & cook 3-5 min, sauce will begin to thicken. Add in half the cheese & stir well. 5. Add the cooked pasta into the pan & toss to mix. Garnish with basil & top with cheese. <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. Add mixed lettuce greens to serving bowl. 2. Drizzle with Bragg's Healthy Vinaigrette 3. Season with salt and pepper to taste
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**One Pan Basil Plum Pork Chops, Roasted Sweet Potatoes and Sauteed Kale
GF, DF**

<p>Ingredients:</p> <p><i>Pork Chops</i> 2 Tbsps. olive oil 4 Hickory Nut Gap Farm pastured pork chops Salt and pepper 1 onion, finely chopped 1 pound plums, pitted and cut into eighths 1 Tbsp. balsamic vinegar 1 Tbsp. soy sauce 1 Tbsp. honey 1/4 cup thinly sliced fresh basil leaves</p> <p><i>Sweet Potatoes</i> 1.25 Lbs. sweet potatoes, peeled and cut into 1-inch cubes 1/4 cup extra-virgin olive oil 1/4 cup honey 2 tsps. ground cinnamon Salt and freshly ground black pepper</p> <p><i>Sauteed Kale</i> 1.5 Tbsps. olive oil 3 cloves garlic, minced 1/4 tsp. red chili flakes 1 bunch lacinato kale, rinsed and dried, ribs and stems removed, leaves thinly sliced crosswise Salt and pepper to taste</p>	<p>Instructions:</p> <p><i>Pork Chops</i></p> <ol style="list-style-type: none"> 1. Arrange a rack in the middle of the oven and heat to 400°F. 2. Heat the oil in a large cast iron skillet or oven-safe frying pan over medium-high heat until very hot and almost smoking. Meanwhile, pat the pork chops dry with paper towels. Generously season all over with salt and pepper. Add the pork to the pan and sear until golden-brown on the bottom, 5 to 6 minutes. Transfer to a large plate. 3. Reduce the heat to medium, add the onion, season with salt, and cook, stirring occasionally, until tender, about 1 minute. Remove from the heat. Add the plums, vinegar, soy sauce, and 1 Tbsp. honey and stir to combine. Place the pork chops browned-side up over the plums and add any juices accumulated on the plate. 4. Roast until the pork registers 145°F on an instant-read thermometer inserted into the thickest part of each chop, 6 to 10 minutes depending on the thickness of the chops. Transfer the pork chops to serving plates. Sprinkle with the basil and serve the plum sauce over the pork chops. <p><i>Sweet Potatoes</i></p> <ol style="list-style-type: none"> 1. Preheat oven to 400 degrees F. 2. Lay the sweet potatoes out in a single layer on a parchment paper lined roasting tray. Drizzle the oil,
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	<p>honey, cinnamon, salt and pepper over the potatoes. Roast for 25 to 30 minutes in oven or until tender.</p> <p>3. Take sweet potatoes out of the oven and transfer them to a serving platter.</p> <p><i>Sauteed Kale</i></p> <ol style="list-style-type: none"> 1. In a large skillet, heat the oil over moderate heat. Add the garlic and chili flakes and sauté for two minutes, until the garlic just begins to brown. 2. Add the kale in batches and toss to coat with oil. When all of the kale is added to the pan, cover and sauté for 5 minutes.
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Blackened Catfish with Lusty Monk Mustard Cream Sauce & Summer Veggie Saute GF	
<p>Ingredients:</p> <p><i>Blackened Catfish</i></p> <p>2 Tbsps. Blackened seasoning 4 boneless catfish fillets Olive oil, for brushing</p> <p><i>Lusty Monk Mustard Cream Sauce</i></p> <p>1/2 cup dry white wine 1/4 cup chopped onion 1 cup half & half 2 Tbsp. Lusty Monk Mustard 1 Tbsp. chopped fresh basil</p> <p><i>Sweet Corn, Bell Pepper and Zucchini Saute</i></p> <p>2 Tbsps. olive oil 2 bell peppers, cored, seeded, and medium dice 1/2 yellow onion, medium dice 1 garlic clove, minced Salt and pepper 2 ears sweet corn, shucked 2 medium zucchini, medium dice 2 Tbsps. thinly sliced fresh basil leaves 1 tsp. freshly squeezed lemon juice</p>	<p>Instructions:</p> <p><i>Blackened Catfish</i></p> <ol style="list-style-type: none"> 1. Season catfish fillets liberally with blackening seasoning. 2. Prepare grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Brush fillets lightly with oil all over. Place catfish on grill and cook until blackened and fish flakes when to a fork, about 3 minutes per side. 3. Transfer fish to a platter and let rest for 5 minutes. Top Lusty Monk Mustard Cream sauce and serve. <p><i>Lusty Monk Mustard Cream Sauce</i></p> <ol style="list-style-type: none"> 1. Boil white wine and onions in heavy medium saucepan over high heat until liquid evaporates, about 4 minutes. 2. Reduce heat to medium-high. Add half & half and simmer until reduced to 1 cup, about 2 minutes. Add Lusty Monk mustard and basil. Simmer 2 minutes to blend flavors. Season sauce to taste with salt and pepper. <p><i>Sweet Corn, Bell Pepper and Zucchini Saute</i></p> <ol style="list-style-type: none"> 1. Heat the oil in a large frying pan over medium heat. Add the bell pepper, onion, and garlic and season with salt and pepper. Cook, stirring

	<p>occasionally, until the vegetables have softened slightly, about 6 minutes.</p> <ol style="list-style-type: none"> 2. Meanwhile, remove the corn kernels from the cob 3. Increase the heat to medium high, add the zucchini, season with salt and pepper, and stir to combine. Cook, stirring occasionally, until the zucchini is tender, about 3 to 4 minutes. 4. Add the corn, stir to combine, and cook until just warmed through, about 2 minutes. Turn off the heat and stir in the basil and lemon juice. Taste and season with salt, pepper to taste.
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Sweet Daisy Bake Shop Broccoli Cheddar Quiche & Sauteed Green Beans and Carrots V	
<p>Ingredients:</p> <p><i>Quiche</i></p> <p>Sweet Daisy Bake Shop Broccoli Cheddar Quiche</p> <p><i>Green Beans and Carrots</i></p> <p>1 Lb. green beans, untrimmed 6 small carrots 1 Tbsp. olive oil 2 cloves garlic, minced Salt and pepper to taste</p>	<p>Instructions:</p> <p><i>Quiche</i></p> <ol style="list-style-type: none"> 1. Preheat oven to 350. 2. Cover quiche with foil. Place on sheet pan, and bake for 25-30 minutes until warm. <p><i>Green Beans and Carrots</i></p> <ol style="list-style-type: none"> 1. Bring a large pot of water to a boil, then add carrots and cook for about 4 minutes. 2. Add in green beans, boil for an additional 3-4 minutes. Green beans should remain crisp and bright green in color. 3. Remove from heat and drain, then soak veggies in ice bath to stop cooking. 4. Heat a pan over medium heat with olive oil. 5. Add garlic to pan and heat for 1-2 minutes. 6. Toss in carrots and green beans. 7. Sauté for 2 minutes. 8. Serve immediately. Enjoy!

MEPD Shopping List

Produce:

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

Includes:

Asian Pears – 3 Pieces – Local, IPM – Parker Orchard
Sweet Cocktail Tomatoes – 1 Pint – Local, Organic – Balsam Gardens Farm
Lacinato Kale – 1 Bunch – Local, Organic – Fishel Farm
Carrots – 1 Pound – Local, Organic – Freedom Farm
Plums – 1 Pound – Local, IPM – Parker Orchard
Green Beans – 1 Pound – GA, Organic – Crosset Organics
Mixed Bell Peppers – 2 Pieces – New Sprout Farm
Sweet Corn – 6 Ears – GA, Non-GMO – Perry Farm
Mixed Salad Lettuce – 5 Ounces – Local, Organic – Greenshine Farm
Sweet Potatoes – 1.25 Pounds – Local, Organic – Triple J Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Thyme \\$2.99](#)

[Arugula \\$4.99](#)

[Onions \\$2.99](#)

[Basil \\$2.99](#)

[zucchini \\$3.99](#)

Pantry:

[Bragg's Healthy Vinaigrette \\$6.49](#)

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

Bakery:

[Rhu Baguette \\$3.99](#)

Dairy:

[Three Graces Dairy Bee's Knees Goat Cheese \\$6.99](#)

[Half & half \\$3.25](#)

Meat:

[Hickory Nut Gap Farm Pork Chops x 2 \\$19.98](#)

[2 Lbs. Catfish \\$19.98](#)

Prepared:

[2 portions Rio Bertolini Angel Hair Pasta \\$6.98](#)

[Sweet Daisy Bake Shop Broccoli Cheddar Quiche \\$14.99](#)

Total: \$152.57

Price Per Serving: \$7.62

Pantry

Oils/Fats:

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

Vinegar:

Balsamic vinegar

Herbs/Spices:

Salt

Pepper

Red chile flakes

Cinnamon

Blackened seasoning

Condiments/Sweeteners:

[Honey \\$11.99](#)

Soy sauce

Nuts/Seeds:

Pumpkin seeds

Dairy:

Parmesan cheese