



**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 9-11-2018

**Pork Chops with Apples and Caramelized Onions,
Hasselback Maple Pecan Sweet Potatoes
Roasted Delicata Squash, Apple and Pomegranate Salad
Indian Chicken Korma and Cucumber Raita
Herbed Linguine with Broccoli and Sweet Peppers
Madison Pot Pie "Roasted Veggie" & Arugula Salad**

Pork Chops with Apples and Caramelized Onions, Hasselback Maple Pecan Sweet Potatoes GF

Ingredients:

Hasselback Maple Pecan Sweet Potatoes

4 Bonita White Sweet Potatoes
2 Tbsp. olive oil
Salt and pepper, to taste
4 Tbsp. butter, melted
2 tsps ground cinnamon
½ cup chopped pecans
½ cup maple syrup
1 tsp pure vanilla extract
1 tsp salt

Pork Chops with Apples and Caramelized Onions

2 Tbsp olive oil divided
1Lb. Hickory Nut Gap Farm Boneless Pork Chops, cut in half to 4 oz. portions
Salt and pepper to taste
¾ cup chicken broth
1 tsp. Lusty Monk mustard
1 Tbsp dried sage
1 ½ tsp. dried rosemary
½ tsp. thyme
½ tsp salt
¼ tsp. black pepper
3 Honeycrisp apples, thinly sliced

Instructions:

Hasselback Maple Pecan Sweet Potatoes

1. **Preheat oven to 425.** Place a sweet potato between two chopsticks for stability and knife guidance. Every ¼-inch along the length of the sweet potato, slice ⅞ of the way through, or until the knife hits the chopsticks. (The chopsticks will help prevent the knife from cutting all the way through the sweet potato.) Repeat with each potato.
2. Brush the sweet potatoes with olive oil. Place in a small baking dish and season with salt and pepper to taste. Bake the sweet potatoes for 30 to 40 minutes, or until soft.
3. Remove the sweet potatoes from the oven, and **increase the oven temperature to 450 degrees F.** In a small bowl, combine the melted butter, ground cinnamon, chopped pecans, maple syrup, vanilla extract, and kosher salt. Stir to mix. Spoon the maple syrup mixture over and in between the baked sweet potato slices, pushing the pecan pieces in between each slice.

Pork Chops with Apples and Caramelized Onions

1. Season both sides of pork chops with salt and pepper. Add 1 Tbsp of olive oil to large heavy bottomed pan, and heat over medium high heat. Add pork chops to pan, leaving at least an inch between the chops. Sear for 3-5 minutes per side. (Chops will continue to cook in sauce later). Remove pork chops to a plate.
2. In a small mixing bowl, whisk together chicken stock and mustard, set aside. Add remaining 1 Tbsp olive oil to pan, then add apples

2 onions, thinly sliced	<p>and onions. Cook for 4 minutes, stirring occasionally. Season with salt, pepper, sage, rosemary, thyme. Stir to combine.</p> <ol style="list-style-type: none"> 3. Pour in stock mixture, using a wooden spoon, gently scrape the bottom of the pan to release any brown bits. Slide pork chops back into pan, nestling them between the apple mixture. 4. Cook for 2-3 minutes until pork chops are finished cooking, and cooking liquid has reduced by half.
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Roasted Delicata Squash, Apple and Pomegranate Salad GF, V

<p>Ingredients:</p> <p><i>Salad</i></p> <p>1-2 Delicata Squash, peeled, seeded and cut into bite-size pieces</p> <p>2 Tbsp. olive oil</p> <p>1 tsp. Salt</p> <p>5 oz. Mixed Lettuce Salad</p> <p>2 Honeycrisp Apples, cored and sliced</p> <p>½ cup Balsamic Vinaigrette*</p> <p>6 oz. Three Graces Dairy “Scottish Spice” Goat Cheese, crumbled</p> <p>¼ cup walnuts, toasted and chopped</p> <p>¼ cup pomegranate seeds</p> <p><i>Balsamic Vinaigrette</i></p> <p>½ cup balsamic vinegar</p> <p>¼ tsp. salt</p> <p>¼ tsp. black pepper</p> <p>¾ cup olive oil</p>	<p>Instructions:</p> <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. Preheat oven to 400. Line a baking sheet with parchment paper 2. In a bowl, toss the squash with the olive oil and salt. Arrange the squash in a single layer on the prepared sheet. Bake for 20 to 25 minutes, until the squash is lightly browned. Remove from the oven and let cool for 10 minutes. 3. In a salad bowl, toss together the mixed greens, squash, apple and Balsamic Vinaigrette. Top with the goat cheese, walnuts and pomegranate seeds before serving. <p><i>Balsamic Vinaigrette</i></p> <ol style="list-style-type: none"> 1. Put the vinegar, salt and pepper into blender or food processor. Pulse to combine the ingredients. With the machine running, slowly drizzle in the oil and blend until the dressing is emulsified. Pour into a lidded container and refrigerate until ready for use. Shake well before using.
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Indian Chicken Korma and Cucumber Raita GF

<p>Ingredients:</p> <p><i>Chicken Korma</i></p> <p>1 Lb. Queen B Farm Pastured Chicken Breast, diced</p> <p>1 Lb. green beans, washed and chopped</p> <p>1 pint Blue Dream Curry House Korma Sauce</p> <p>2 cups uncooked Jasmine Rice, prepared per instructions</p>	<p>Instructions:</p> <p><i>Chicken Korma</i></p> <ol style="list-style-type: none"> 1. Prepare rice per instructions 2. Heat skillet over medium high heat. Add olive oil. Brown chicken in the pan, and set aside. 3. Add green beans to pan, and cook until tender. Return chicken to pan 4. Add Korma sauce to pan, and simmer for 15 minutes. 5. Serve over rice.
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<p><i>Cucumber Raita</i></p> <p>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</p>	<p><i>Cucumber Raita</i></p> <ol style="list-style-type: none"> 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.
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Herbed Linguine with Broccoli and Sweet Peppers

V

<p>Ingredients:</p> <p>2 packages Rio Bertolini Herbed Linguine 1 Lb. broccoli, chopped 1 Lb. Mixed sweet peppers, julienned 3 Tbsps. olive oil 1 garlic clove, minced 1 tsp. dried oregano 1/2 tsp. salt 1/4 tsp. pepper 1 medium ripe tomato, cut into wedges and seeded 4 Tbsp. Organic Valley Grated Parmesan cheese</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare pasta per instructions and set aside 2. In a large saucepan, bring 6 cups water to a boil. Add broccoli; cook, uncovered, 3 minutes. Drain and immediately place broccoli in ice water. Drain and pat dry. 3. In a large nonstick skillet, saute peppers in oil for 3 minutes or until crisp-tender. Add the broccoli, garlic, oregano, salt and pepper; cook 2 minutes longer. Add the tomato; heat through. Incorporate pasta and sprinkle with cheese.
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Madison Pot Pie “Roasted Veggie” & Arugula Salad

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<p>Ingredients:</p> <p>Ingredients: <i>Pot Pie</i> Madison Pot Pie “Roasted Veggie”</p> <p><i>Arugula Salad</i> 2 Tbsps. olive oil 2 Tbsps. freshly squeezed lemon juice 1/8 tsp. salt Freshly ground black pepper 5 ounces arugula 2 ounces grated Parmesan cheese</p>	<p>Instructions:</p> <p><i>Pot Pie</i></p> <ol style="list-style-type: none"> 1. Prepare the pot pie per instructions on outer package <p><i>Arugula Salad</i></p> <ol style="list-style-type: none"> 1. Whisk the olive oil, lemon juice, salt, and a few grinds of black pepper together in a large bowl. Add the arugula and toss to combine. Top with the shaved Parmesan and serve immediately.
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MEPD Shopping List

Produce:

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

Includes:

Honeycrisp Apples - 2 Pounds - Local, IPM - Parker Orchard
Delicata Squash - 1-2 Pieces - Local, Organic - Fishel Organics
Arugula - 8 oz. - Local, Organic - Cottle Farm
Mixed Green Salad Mix - 5 Ounces - Local, Organic - Greenshine Farm
Bonita White Sweet Potatoes - 2.5 Pounds - Local, Organic - Searcy Farm
Mixed Sweet Peppers - 1 Pound - Local, Organic - R Farm
Cucumbers - 1 Pound - Local, Organic - Paddy Farm
Green Beans - 1 Pound - Local, Organic - Old Dominion Farm
Broccoli - 1 Pound - GA, Organic - Crosset Organics

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Vidalia onions \\$2.99](#)

[Cilantro \\$2.99](#)

[Slicer tomatoes \\$3.99](#)

Dairy:

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

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

[Three Graces Dairy "Scottish Spice" Goat Cheese \\$6.99](#)

[Organic Valley Grated Parmesan cheese \\$6.99](#)

Meat:

[Hickory Nut Gap Farm Boneless Pork Chops \\$9.99](#)

[Queen B Farm Pastured Chicken Breast \\$11.99](#)

Prepared:

[Blue Dream Curry House Korma Sauce \\$7.99](#)

[Rio Bertolini Herbed Linguine x 2 \\$5.98](#)

[Madison Pot Pie "Roasted Veggie", Family sized \\$17.99](#)

Pantry:

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

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

Total: \$149.83

Price Per Serving: \$7.49

Pantry

Oils/Fats:

Olive oil

Vinegar:

Balsamic

Herbs/Spices:

Salt

Pepper

Ground cumin

Cayenne

Cinnamon

Vanilla extract

Sage

Rosemary

thyme

Nuts/Seeds:

walnuts

Pecans

Grocery:

Chicken stock

Maple syrup

pomegranate seeds

