



**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 9-19-2017

**Sausage and Peppers over Spaghetti Squash with Mixed Lettuce Salad
 Curried Red Lentil, Red Kale and Sweet Potato Soup with Jasmine Rice
 Garlic and Herb Sauteed NC Shrimp with Green Bean and Tomato Salad
 Herb Roasted Chicken Breast with Corn & Cucumber Salad
 Homemade Pizza and Salad Kit**

Sausage and Peppers over Spaghetti Squash with Mixed Lettuce Salad GF

Ingredients:

Sausage & Peppers

- 1 Spaghetti Squash
- Olive oil
- 1 pack Balsam Garden Italian Sausage, cut on a bias
- 1 Lb. Mixed Sweet Peppers, seeded and julienned
- 1 onion, halved and thinly sliced
- 3 cloves garlic, minced
- Grated Parmesan for serving
- Salt and pepper to taste

Mixed Lettuce Salad

- 5 oz. Mixed Lettuce Salad
- Bragg's Healthy Vinaigrette

Instructions:

1. Preheat oven to 400. Cut spaghetti squash in half lengthwise. Remove seeds with sturdy metal spoon. Coat flesh with olive oil, and smooth over surface. Sprinkle with salt and pepper. Place both halves cut side down on a baking sheet. Roast for 40-50 minutes or until the flesh is very tender when poked with a fork. Using a fork, gently scrape the flesh releasing the strings of squash, and place in a serving bowl.
2. Warm olive oil in large skillet over medium heat. Add sausage and cook until no longer pink, 5-6 minutes. Remove sausage to a plate.
3. In the same skillet, cook peppers, onion and garlic and seasonings until cooked through, about 8 minutes. Add sausage to skillet to incorporate flavors.
4. Add sausage mixture to the spaghetti squash. Toss to combine. Serve hot, topped with parmesan cheese.

Mixed Lettuce Salad

1. In a large serving bowl, assemble mixed lettuce greens. Drizzle with Bragg's Healthy Vinaigrette. Season with salt and pepper if desired.

Curried Red Lentil, Red Kale and Sweet Potato Soup with Jasmine Rice

GF, DF, V

Ingredients:

1 Tbsp. olive oil
1 onion, finely diced
½ jalapeno, seeded, diced
2 tsp. grated ginger
1 large garlic clove, minced
2 tsp. yellow curry powder
1 tsp. salt
3 Tbsp. tomato paste
5 cups water
14 oz light coconut milk
1 cup red lentils
1 medium sweet potato, peeled and diced into ½-inch cubes
1 bunch red kale, stemmed and coarsely chopped
2 Tbsp. minced cilantro
2 cups Jasmine Rice
4 cups water
1 tsp. Salt
1 tsp. Olive oil

Instructions:

1. Prepare Jasmine Rice per instructions.
2. Heat the olive oil in a large pot. Add the onion and cook over medium heat. Add a pinch of salt and cook for about 5-8 minutes, or until onion becomes tender. Stir in the jalapeno, ginger, garlic, curry powder, and salt. Stir for about a minute, stirring frequently.
3. Add the tomato paste and cook for about 2-3 minutes, or until it starts to darken in color, stirring constantly. Add the water, coconut milk, red lentils, and sweet potato. Bring to a boil, and then lower to a simmer. Cook, partially covered, until the sweet potatoes are tender and the lentils are cooked through, about 30 minutes.
4. Stir in the kale and cook for about 5 minutes, or until wilted and tender. Stir in the cilantro and serve.

Garlic and Herb Sauteed NC Shrimp with Green Bean and Tomato Salad

GF, DF

Ingredients:

Shrimp

1 Lb. NC Shrimp, thawed, peeled and deveined
6 Tbsps. unsalted butter, divided
salt and pepper, to taste
5 cloves garlic, minced
¼ cup chicken stock
Juice of 1 lemon, or more, to taste
2 Tbsps. chopped fresh parsley leaves

Green Bean Tomato Salad

1 Lb. green beans
1 Lb. sweet cocktail tomatoes
1 Tbsps. Lusty Monk Mustard
2 Tbsps. red-wine vinegar
4 Tbsps. finely chopped green onions
1 Tbsps. finely chopped garlic

Instructions:

Shrimp

1. Melt 2 tablespoons butter in a large skillet over medium high heat.
2. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside.
3. Add garlic to the skillet, and cook, stirring frequently, until fragrant, about 1 minute. Stir in chicken stock and lemon juice. Bring to a boil; reduce heat and simmer until reduced by half, about 1-2 minutes. Stir in remaining 4 tablespoons butter, 1 tablespoon at a time, until melted and smooth.
4. Stir in shrimp and gently toss to combine.
5. Serve immediately, garnished with parsley leaves, if desired.

Green Bean Tomato Salad

1. Trim ends of green beans and leave them whole.

<p>4 Tbsps. olive oil Salt and pepper to taste 4 Tbsps. coarsely chopped basil</p>	<ol style="list-style-type: none"> 2. Drop beans into a saucepan with salted boiling water. Cook until crisp tender, about 3 to 5 minutes according to the size of the beans. Do not overcook. Drain and let cool. 3. Cut away the core of each tomato, and cut it into wedges. 4. In a salad bowl, add mustard, vinegar, shallots, garlic, oil, salt and pepper and blend with a wire whisk. Add beans and tomatoes, toss well. Sprinkle with basil.
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Herb Roasted Chicken Breast with Corn & Cucumber Salad
GF, DF

<p>Ingredients:</p> <p><i>Chicken</i></p> <p>1 Lb. Queen B Pastured Chicken Breasts, cut into 2 inch pieces 3 Tbsps. olive oil ¼ cup minced green onions 1 clove garlic, minced 1 Tbsp. chopped fresh rosemary 1 Tbsp. chopped fresh thyme 1/4 cup fresh lemon juice Salt and pepper to taste Grated zest of half lemon</p> <p><i>Salad</i></p> <p>3 ears sweet corn, kernels removed 2 cucumbers, halved lengthwise and sliced 4 green onions, sliced 1/4 cup olive oil 1/4 cup balsamic vinegar 2 Tablespoons honey 1 tsp. Lusty Monk Mustard salt and pepper to taste</p>	<p>Instructions:</p> <p><i>Chicken</i></p> <ol style="list-style-type: none"> 1. Put chicken in a large resealable plastic food storage bag. 2. Combine marinade ingredients and pour over chicken. Turn bag to coat chicken pieces well. Refrigerate and marinate overnight or for 2 to 4 hours, turning occasionally. 3. Preheat the oven to 400 F. 4. Remove chicken from marinade and drain well; put the reserved marinade in a saucepan. 5. Arrange chicken on a rack in a foil-lined baking dish or roaster. Bake for 35 minutes. 6. Meanwhile, bring the marinade to a boil; continue boiling over medium heat for 2 minutes. 7. Brush the chicken with the marinade; turn and brush the other side and bake for about 20 to 30 minutes longer, basting several times before the chicken is done. <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. Toss corn, cucumbers and scallions in a large bowl. 2. Place the remaining ingredients in a blender and blend until smooth and incorporated. Drizzle dressing over vegetables and toss to coat. 3. Taste and adjust for seasoning. Serve and enjoy!
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Homemade Pizza and Salad Kit

GF*, V

Ingredients:

Pizza

Rio Bertolini NY Pizza Dough OR Eat More
Gluten-Free Pizza Dough
Field Day Organic Pizza Sauce
Organic Valley Shredded Mozzarella
Cheese

Salad

1 head Romaine lettuce , washed dried and
torn
1 cucumber, washed and sliced

Instructions:

1. Prepare pizza dough per instructions. Spread sauce over dough and sprinkle with cheese. Bake at 400 for approx 10-12 minutes until cheese is melted and browned.
2. While pizza is baking, assemble lettuce, cucumber, tomato, bell pepper in large serving bowl. Drizzle with olive oil, balsamic and salt and pepper to taste.

MEPD Shopping List

Produce:

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

Includes:

Spaghetti Squash: 1 Piece - Local, Organic
Jonagold Apples: 2 Pounds - Local, Organic
Red Kale: 1 Bunch - Local, Organic
Cucumbers: 2 Pieces - Local, Organic
Sweet Corn: 3 Ears - GA, IPM
Sweet Potatoes: 2 Pieces - Local, Organic
Mixed Salad Lettuce: 5 ounces - Local, Organic
Mixed Sweet Peppers: 1 Pound - Local, Organic
Green Beans: 1 Pound - GA, Organic
Slicer Tomatoes: 2 Pieces - FL, Organic

Add-On Produce:

[Garlic \\$2.99](#)
[Lemons x 2 \\$7.98](#)
[Ginger \\$2.99](#)
[Sweet candy onions \\$2.99](#)
[Cilantro \\$2.99](#)
[Sweet cocktail tomatoes \\$3.99](#)
[Green onions x 2 \\$4.98](#)
[Parsley \\$2.99](#)
[Basil \\$2.99](#)
[Rosemary \\$2.00](#)
[Thyme \\$2.99](#)

Pantry:

[Bragg's Healthy Vinaigrette \\$6.49](#)
[Jasmine rice \\$6.99](#)
[Red Lentils \\$6.99](#)
[Native Forest Coconut Milk \\$3.99](#)

Meat:

[1 pack Balsam Garden Italian Sausage \\$8.99](#)
[1 Lb. NC Shrimp \\$17.95](#)

Pantry

Oils/Fats:

[Oreno Olive oil \\$14.99](#)
[Unsalted butter \\$11.99](#)

Vinegar:

Balsamic vinegar
Red wine vinegar

Herbs/Spices:

Salt
Pepper
Yellow curry powder

Condiments/Sweeteners:

[Honey \\$11.99](#)
[Lusty Monk mustard \\$6.99](#)

Grocery:

Chicken Stock
Tomato paste

Dairy:

Grated Parmesan

Produce:

Jalapeno pepper

[1 Lb. Pastured Chicken Breast \\$11.99](#)

Prepared:

[Homemade Pizza and Salad Kit \\$19.99](#)

Total: \$161.26

Price Per Serving: \$8.06