



***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 9-25-2018

**Bhindi “Midnight Masala” Curry & Cucumber Raita
 Sweet Pepper, Baby Bok Choy & Crimini Noodle Bowl
 Coconut Red Lentil Stew with Sweet Potatoes and Kale
 Roasted Apple, Butternut Squash and Caramelized Onion Pizza
 Madison Pot Pie “Shepherd’s Pie” and “Grilled” Romaine Salad**

Bhindi “Midnight Masala” Curry & Cucumber Raita

GF, V

Ingredients:

Ingredients:

Curry

3 Tbsps. Olive oil
 1 Vidalia onion, diced
 1 Lb. Heirloom Tomatoes, diced
 1 Lb. okra, sliced into ¼” rounds
 Blue Dream Curry House “Midnight Masala” Curry Sauce
 2 cups Lundberg Jasmine Rice, prepared per instructions

Raita

1 Lb. Mini European Cucumber, peeled, seeded and diced
 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

Instructions:

Instructions:

Curry

1. Prepare Jasmine rice per instructions.
2. Heat large skillet over medium high heat. Add olive oil once warm.
3. Add diced onions to oiled skillet, and cook for 5 minutes. Add in diced tomatoes, and cook for another 3 minutes. Add in sliced okra, and cook for 4 minutes, until vegetables are tender.
4. Add Blue Dream Curry House “Midnight Masala” sauce and reduce heat. Simmer for 10-15 minutes to allow flavors to combine.
5. Serve curry over rice.

Raita

1. Peel, seed and dice cucumbers.
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.

Sweet Pepper, Baby Bok Choy & Crimini Noodle Bowl

GF*, DF

Ingredients:

Ingredients:

6 oz Thin Rice Noodles
2 Tbsp. Sesame Oil, divided
2 Queen B Pastured Eggs + 1 Tbsp. of water, whisked
8 oz. Crimini Mushrooms destemmed, sliced thin and cut into bite size pieces
1 Lb. Mixed Sweet Peppers, cut into strips
2 scallions, chopped
1 Lb. Baby Bok Choy, sliced thin, into bite size pieces
4 large garlic clove, minced

For the Sauce:

16 oz. Bee Tree Pastured Chicken Bone Broth, Turmeric and Lemongrass
3 Tbsps. Tamari, soy sauce or coconut aminos
1 Tbsp. Sriracha or to taste

For Garnish:

Sesame Seeds
Scallions

Instructions:

1. In a large bowl, add the rice noodles and cover with cool tap water. These can soak while the remaining ingredients are prepared.
2. Meanwhile in a large saute pan, add 1 tsp. of oil and bring to a simmer. Pour in the whisked eggs, a pinch of sea salt and a few grinds of pepper. Cook on low without stirring, flipping the 'egg pancake' in half to finish cooking for a total of about 3-4 minutes. Remove from pan and slice into thin bite size pieces. Set aside.
3. To the same pan, heat 3 tsp. of oil and add the sliced mushrooms. Cook in an even layer on medium-low to sear, tossing and flipping the mushrooms a few times for 6-7 minutes. To the pan with the mushrooms add one more tsp. of oil and add the peppers, white parts of the scallions and baby bok choy. Cook on medium low for about 6 minutes, tossing and flipping the ingredients at least twice while cooking. The vegetables should be tender-crisp at the end of this stage of cooking. Add the garlic and stir, cooking for about 1 minute.
4. Whisk the bone broth, Tamari and Sriracha together and add it to the vegetable mixture. Bring up to temperature just until the edges of the broth begin to simmer. Drain the noodles and place in the saute pan with all the veggies. Carefully toss and turn the noodles with the veggies until everything is mixed well making sure the noodles have plenty of contact with the sauce. Cook for about 1-2 minutes on medium low. The noodles will soak up the sauce and be tender, but not mushy when ready. Toss in the egg slices and give the mixture another toss before serving.
5. Serve with Tamari, Sriracha, sesame seeds, and tops of scallions.

Coconut Red Lentil Stew with Sweet Potatoes and Kale

GF, DF

Ingredients:

Ingredients:

4 Tbsps. olive oil
2 Vidalia onions, finely chopped
6 garlic cloves, minced
2 tsps. each garam masala, cumin, turmeric
1.25 Lbs. sweet potatoes, peeled and chopped into 1 inch dice
2 cups red lentils, rinsed
4 cups vegetable broth

Instructions:

1. Heat oil in large pot over medium heat. Add onion and a sprinkle of salt and pepper and sauté until onions begin to soften - a few minutes.
2. Add garlic and spices and saute until spices are fragrant. If pan becomes too dry, add a bit more oil or a little water to the pan.
3. Add sweet potatoes, red lentils and sprinkle of salt and pepper. Stir to coat with spices.

<p>2 15 oz. Native Forest organic coconut milk 1 bunch green kale, chopped Salt and pepper to taste Chopped cilantro to garnish</p>	<p>4. Stir in broth and coconut milk. Bring to a boil, cover pot and reduce heat to low. Simmer for 30 minutes. 5. Add kale, stir and cover pot, cooking for 5 more minutes until kale is wilted.</p>
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Roasted Apple, Butternut Squash and Caramelized Onion Pizza

GF*, V

<p>Ingredients: Ingredients: 1 Rio Bertolini Whole Wheat Pizza Dough Ball or Eat More Bakery Pizza Crusts for GF option</p> <p><i>Garlic White Bean Puree</i> 15 oz can of cannellini beans, rinsed and drained ¼ cup olive oil 2 Tbsps. water 1 Tbsps. lemon juice 2 cloves garlic ½ tsp. dried thyme 1 tsp. salt ½ tsp. black pepper</p> <p><i>Pizza Topping</i> 4 Tbsps. olive oil 1 sweet Vidalia onion, thinly sliced Salt and pepper to taste 1 Acorn Squash, peeled, seeded and cubed, ½” 1 Jonagold apple, peeled and thinly sliced</p>	<p>Instructions:</p> <ol style="list-style-type: none"> To make the Garlic White Bean Puree: Blend all ingredients in a food processor until smooth. To make the pizza topping and assemble the pizza: Preheat oven to 375 degrees F. In a large skillet, heat 2 Tbsps. oil over medium-high heat and sauté onions until soft and lightly caramelized, about 20 to 30 minutes. Season generously with salt and pepper. In the meantime, toss remaining 2 Tbsps. oil with squash and season generously with salt and pepper. Transfer to a large rimmed baking sheet and roast for 30 to 35 minutes until squash is fork tender, turning once or twice with a spatula. Remove from oven and set aside. Turn heat up to 450 degrees F. Brush a large rimmed baking sheet (approximately 9- x 13- inch) with oil. Stretch pizza dough into a rectangle and fit it into the prepared baking sheet. Spread a layer of the Garlic White Bean Puree evenly over the rolled-out Pizza Dough. On top of the dough, arrange the spinach, caramelized onions, roasted butternut squash, and apple slices. Season with salt and pepper, and brush the edges of the crust with olive oil. Bake for about 15 to 20 minutes, rotating midway, until the crust is slightly browned or golden. Let cool, slice, and devour!
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Madison Pot Pie “Shepherd’s Pie” and “Grilled” Romaine Salad

GF

<p>Ingredients: <i>Pot Pie</i> Madison Pot Pie Family Sized “Shepherd’s Pie”</p> <p><i>Salad</i> 1 head romaine lettuce 1 Tbsp. olive oil salt and ground black pepper to taste</p>	<p>Instructions: <i>Pot Pie</i> Prepare Pot Pie per instructions. Cover with foil and heat in 350 oven for about an hour.</p> <p><i>Salad</i> 1. Slice romaine in half, lengthwise. 2. Drizzle with olive oil on the cut side and season with salt and ground black pepper to taste.</p>
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3. Place lettuce on a baking sheet and broil for 3-5 minutes, or until the desired charred is reached.
4. Serve with parmesan cheese, fresh spices, and/or diced red bell peppers

MEPD Shopping List

Produce:

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

Includes:

Acorn Squash - 1 - Local, Organic - New Sprout Farm
 Heirloom Tomatoes - 1 Pound - Local, Organic - New Sprout Farm
 Green Kale - 1 Bunch - Local, Organic - Ivy Creek Family Farm
 Mixed Sweet Peppers - 1 Pound - Local, Organic - R Farm
 Jonagold Apples - 2 Pounds - Local, IPM - Parker Orchard
 Sweet Potatoes - 2.5 Pounds - Local, Organic - Williamson Organics
 Okra - 1 Pound - Local, Organic - Fishel Organics
 Mini European Cucumbers - 1 Pound - Local, Organic - Sunburst Farm
 Baby Bok Choy - 1 Pound - Local, Organic - Timberwood Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Romaine Lettuce \\$2.99](#)

[Cilantro \\$2.99](#)

[Lemons \\$3.99](#)

Dairy:

[Wholesome Country plain, whole-milk yogurt \\$6.99](#)

Prepared:

[Madison Pot Pie Family Sized "Shepherd's Pie" \\$17.99](#)

[Blue Dream Curry House "Midnight Masala" Curry Sauce \\$7.99](#)

[Bee Tree Pastured Chicken Bone Broth, Turmeric and Lemongrass \\$10.99](#)

[Rio Bertolini Whole Wheat Pizza Dough Ball \\$2.99](#)

Pantry:

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

[Red lentils \\$6.99](#)

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

Total: \$115.88

Price Per Serving: \$5.79

Pantry

Oils/Fats:

Olive Oil
 Unsalted butter
 sesame oil

Herbs/Spices:

Salt
 Pepper
 Ground cumin
 Cayenne
 garam masala
 Cumin
 Turmeric
 dried thyme

Grocery:

Thin Rice Noodles
 vegetable broth
 15 oz. can of cannellini beans

Condiments:

Tamari or soy sauce
 Sriracha

Produce:

scallions

