



**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 9-4-2018

Grass-fed Sesame Steak Salad

Parmesan Roasted Butternut Squash and Classic Panzanella Salad

Sheet Pan Garlic Parmesan Roasted Chicken, Green Beans and Red Potatoes

Apple Onion Bruschetta and Spinach Salad

Madison Pot Pie “Shepherd’s Pie” and “Grilled” Romaine Salad

Grass-fed Sesame Steak Salad

GF*, DF

Ingredients:

1 Grass-fed Hickory Nut Gap Farm New York Strip Steak
 2 medium Asian pears
 2 scallions, white parts minced, green parts sliced on the diagonal
 2 large cloves garlic, minced
 1 Tbsp. minced fresh ginger
 1/4 cup plus 2 Tbsp. rice wine vinegar
 3 Tbsp. (divided) soy sauce*
 2 Tbsp. (divided) sesame oil
 1 Tbsp. plus 1 tsp. toasted sesame seeds
 Salt and pepper to taste
 2 tsp. fish sauce
 5 oz. Mixed Green Salad Mix, torn into bite-size pieces
 4 large carrots, thinly sliced
 1 cucumber, halved, seeded and thinly sliced
 1 Tbsp. olive oil

*Use GF Tamari for GF option

Instructions:

1. Trim and freeze the steak until slightly firm, about 1 hour; this makes it easier to slice. Cut the steak crosswise into 4 pieces. Flip each piece onto a cut edge and slice across the grain 1/8 inch thick.
2. Cut one of the pears in half. Peel and core one half and then grate it on the small holes of a box grater set in a medium bowl.
3. Add the minced scallions, garlic, ginger, rice wine vinegar, 2 Tbsp. of the soy sauce, 1 Tbsp. of the sesame oil, 1 tsp. of the sesame seeds, 1/4 tsp. salt, and a few grinds of pepper. Add the beef and toss well. Cover and refrigerate for 30 minutes to 4 hours.
4. In a small bowl, whisk the rice vinegar and fish sauce 1 Tbsp. soy sauce, 1 Tbsp. sesame oil, and 1 Tbsp. sesame seeds.
5. In a medium bowl, toss the mixed green lettuce with 3 Tbs. of the dressing and a sprinkle of salt. Divide among 4 dinner plates. Core and thinly slice the remaining 1.5 pears. Put the pears, carrots, and cucumber in the bowl and toss with the remaining dressing. Scatter over the lettuce.
6. Drain the beef and gently pat dry. Heat a 12-inch cast-iron skillet over medium-high heat until hot. Add the oil, swirl to coat the pan, and then scatter half of the beef evenly in the pan. Cook, flipping once, until the beef is nicely browned and barely cooked through, 1 to 2 minutes per side. Transfer to a bowl and repeat with the remaining beef.

7. Top the salads with the beef and any accumulated juices. Garnish with the remaining scallion greens and serve.

Parmesan Roasted Butternut Squash and Classic Panzanella Salad

V

Ingredients:

Squash

- 1 pc. butternut squash
- 2 Tbsps. plus 1 tsp. olive oil
- 1 tsp. Italian seasoning
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/4 cup grated Organic Valley Parmesan cheese

Salad

- 2 Lbs. Roma tomatoes, cut into bite-sized pieces
- 2 tsps. salt, plus more for seasoning
- 3/4 pound Rhu Bakery Ciabatta bread, cut into 1.5" cubes
- 10 Tbsps. olive oil, divided
- 1 Vidalia onion, minced
- 2 medium cloves garlic, minced
- 1/2 tsp. Lusty Monk Original Sin mustard
- 2 Tbsps. red wine vinegar
- Freshly ground black pepper
- 1/2 cup packed basil leaves, roughly chopped

Instructions:

Squash

1. Preheat oven to 350 degrees.
2. Cut squash in half lengthwise, then crosswise and scoop out the seeds and insides. Discard.
3. Cut squash into 1/2 inch slices.
4. Combine olive oil, Italian seasoning, salt and pepper together in a bowl.
5. Brush mixture over both sides of the squash.
6. Roast squash in preheated oven for 15 minutes, turn and roast for another 15 or until browned and tender.
7. Remove from oven and immediately sprinkle with Parmesan cheese. Serve.

Salad

1. Place tomatoes in a colander set over a bowl and season with salt. Toss to coat. Set aside at room temperature to drain, tossing occasionally, while you toast the bread. Drain for a minimum of 15 minutes.
2. Meanwhile, preheat oven to 350°F and adjust rack to center position. In a large bowl, toss bread cubes with 2 tablespoons olive oil. Transfer to a rimmed baking sheet. Bake until crisp and firm but not browned, about 15 minutes. Remove from oven and let cool.
3. Remove colander with tomatoes from bowl with tomato juice. Place colander with tomatoes in the sink. Add onion, garlic, mustard, and vinegar to the bowl with tomato juice. Whisking constantly, drizzle in the remaining 1/2 cup olive oil. Season dressing to taste with salt and pepper.
4. Combine toasted bread, tomatoes, and dressing in a large bowl. Add basil leaves. Toss everything to coat and season with salt and pepper. Let rest for 30 minutes before serving, tossing occasionally until dressing is completely absorbed by bread.

Sheet Pan Garlic Parmesan Roasted Chicken, Green Beans and Red Potatoes
GF, DF

Ingredients:

1 Lb. Queen B Farms chicken breasts
 1 lemon, zested and juiced
 1 tsp. salt, divided
 1 tsp. pepper
 1 Lb. Red Potatoes, quartered
 1 Lb. Green Beans, washed and trimmed
 3 Tbsps. butter, melted
 3 Tbsps. olive oil
 5 cloves garlic, crushed
 ½ cup Organic Valley grated parmesan cheese
 ¼ tsp. black pepper

Instructions:

1. Preheat the oven to 375 degrees. Line a baking sheet with parchment paper.
2. Lay chicken breasts out onto the baking sheet. Drizzle with lemon juice and season with ½ teaspoon salt and lemon pepper.
3. In a large mixing bowl, add potatoes and green beans. Toss with butter, olive oil, garlic, parmesan cheese, and ½ teaspoon salt and ¼ teaspoon black pepper until evenly coated.
4. Spread potatoes and broccoli out into an even layer on the sheet pan, surrounding the chicken.
5. Bake in the preheated oven for 35-40 minutes until chicken reaches an internal temperature of 165 degrees F and the potatoes and green beans are fork tender.
6. Garnish with lemon zest and freshly chopped parsley (optional).

Apple Onion Bruschetta and Spinach Salad
GF*, V

Ingredients:

Apple-Onion Bruschetta

2 Vidalia onions, sliced
 3 Tbsps. Calvados or apple juice
 Rhu Bakery Baguette*
 3 Gala apples, sliced
 4 oz. Happy Cow Creamery Havarti cheese, grated

*GF option: Eat More Bakery Focaccia

Spinach Salad

1 bunch spinach, washed and dried
 Bragg's Healthy Vinaigrette
 Salt and pepper to taste

Instructions:

Apple-Onion Bruschetta

1. Cook 2 sliced onions in oil over medium heat until caramelized, 35 minutes.
2. Add 3 tablespoons Calvados (or apple juice) and cook until evaporated.
3. Spread on Rhu Bakery baguette slices, top with apple slices and sprinkle with grated Havarti cheese.
4. Broil until the cheese melts.

Red Leaf Lettuce Salad

1. Add spinach to serving bowl
2. Drizzle with Bragg's Healthy Vinaigrette
3. Season with salt and pepper to taste

Madison Pot Pie “Shepherd’s Pie” and “Grilled” Romaine Salad
GF

Ingredients:

Pot Pie

Madison Pot Pie Family Sized “Shepherd’s Pie”

Salad

1 head romaine lettuce

1 Tbsp. olive oil

salt and ground black pepper to taste

Instructions:

Pot Pie

Prepare Pot Pie per instructions. Cover with foil and heat in 350 oven for about an hour.

Salad

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.
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:

Spinach - 1 Bunch - Local, Organic - Balsam Gardens Farm
Butternut Squash - 1 - Local, Organic - Timberwood Organics
Asian Pears - 2 Pounds - Local, IPM - Parker Orchard
Mixed Green Salad Mix - 5 Ounces - Local, Organic - Greenshine Farm
Green Beans - 1 Pound - Local, Organic - Old Dominion Organics
Roma Tomatoes - 1 Pound - Local, Organic - Patty Farm
Gala Apples - 1 Pound - Local, IPM - Parker Orchard
Sweet Vidalia Onions - 1 Pound - Local, Organic - Oso Sweet Farm
Carrots - 1 Pound - Local, Organic - Clem's Organic Garden
Cantaloupe - 1 - Local, Organic - Patty Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Ginger \\$3.99](#)

[Cucumber \\$3.99](#)

[1 Lb. Roma Tomatoes \\$3.99](#)

[Red Potatoes \\$2.99](#)

[Romaine Lettuce \\$2.99](#)

Bakery:

[Rhu Bakery Baguette \\$3.99](#)

Meat:

[1 Lb. Queen B Pastured chicken breasts \\$11.99](#)

[Grass-fed Hickory Nut Gap Farm New York Strip Steak \\$14.99](#)

Dairy:

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

[Happy Cow Creamery Havarti cheese \\$5.99](#)

Prepared:

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

Pantry:

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

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

Total: \$138.35

Price Per Serving: \$6.91

Pantry

Oils/Fats:

Olive Oil
Unsalted butter
sesame oil

Vinegar:

rice wine vinegar
red wine vinegar

Herbs/Spices:

Salt
Pepper
Italian seasoning

Grocery:

Scallions
Soy sauce
fish sauce
Basil

Libations:

Calvado (or apple juice)