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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 9-12-2017

Rosemary Balsamic Chicken Sheet Pan with Chicken, Broccoli and Apples

Sesame Steak Salad with Asian Pears

Green Curry with Sweet Bell Peppers, Sweet Potatoes and Yellow Squash

Blackened Mahi Mahi with Roasted Rose Finn Potatoes & Tomato Cucumber Salad

Swamp Rabbit Cafe Cheddar Broccoli Casserole &

Heirloom Lettuce, Apple and Grape Salad

Rosemary Balsamic Chicken Sheet Pan with Chicken, Broccoli and Apples

GF, DF

Ingredients:

1 Lb. Queen B Farm Pastured Chicken Breast
 ¼ cup balsamic vinegar
 ½ cup Oreno olive oil
 Juice of ½ lemon
 2 cloves garlic, crushed
 1 bunch chopped rosemary
 1 Lb. broccoli, stemmed, and chopped
 2 Honeycrisp apples, cored, peeled, and chopped
 6 slices of Hickory Nut Gap Farm bacon, chopped
 1 Sweet Candy onion, chopped

Instructions:

1. Cut chicken breast into smaller chunks or pieces. Set aside.
2. Prepare marinade by blending balsamic vinegar, oil, lemon, and garlic. While motor is running, add chopped rosemary. Continue blending for at least 1 minute or until rosemary is well incorporated. Place chicken into a bowl or container with marinade. Marinade for at least 5 minutes, but up to 12 hours.
3. Preheat oven to 375 degrees. Line a large sheet pan with parchment paper. Place broccoli, apples, bacon and onions on the sheet. Add chicken. Brush any reserved marinade over sprouts and apples.
4. Bake for 20-25 minutes (depending on thickness of chicken), or until chicken is cooked through. You can also bump up the oven to 425 the last 5 minutes of cooking to get everything extra crispy!
5. Remove from oven and serve immediately.

Sesame Steak Salad with Asian Pears

DF, GF*

Ingredients:

1 Grassfed 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
1 head green leaf lettuce, torn into bite-size pieces
4 large red radishes, 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 green leaf lettuce with 3 Tbs. of the dressing and a sprinkle of salt. Divide among 4 dinner plates. Core and thinly slice the remaining 1 and 1/2 pears. Put the pears, radishes, 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.

Green Curry with Sweet Bell Peppers, Sweet Potatoes and Yellow Squash
GF, V

Ingredients:

1 pint Blue Dream Curry House Green Curry
 2 Tbsp. olive oil
 1 Lb. Sweet Bell Peppers, seeded and cut into strips
 1 Lb. Yellow Squash, cut in half lengthwise, and then quartered, and cut into 1/8 " slices
 1.25 Lbs. Sweet Potatoes cut into cubes
 2 cups Jasmine Rice, prepared per instructions

Instructions:

1. Prepare rice per instructions
2. Heat wok or skillet over medium high heat and add olive oil.
3. Saute sweet bell peppers and yellow squash until tender
4. Add sweet potatoes to pan, and continue to heat
5. Pour over green curry sauce, and simmer for about 15 minutes
6. Serve over Jasmine Rice

Blackened Mahi Mahi with Roasted Rose Finn Potatoes & Tomato Cucumber Salad
GF, DF*

Ingredients:

Mahi Mahi

1 Lb. of Mahi Mahi
 Blackened Seasoning
 1 Tbsp. olive oil

Roasted Rose Finn Potatoes

1 Lb. Rose Finn Potatoes
 3 cloves garlic, crushed
 olive oil, for drizzling, 1 to 2 tablespoons
 Salt and pepper to taste

Tomato Cucumber Salad

1 Lb. cocktail tomatoes, quartered
 1 cucumber, sliced, seeded and quartered
 1/4 sweet candy onion, diced or very thinly sliced
 2 Tbsps. olive oil
 1 Tbsp. red wine vinegar
 salt and freshly ground black pepper, to taste
 2 oz. Three Graces Dairy Herbed Goat Cheese, crumbled*

*Omit for DF

Instructions:

Mahi Mahi

1. Heat a medium size skillet over medium high heat. While it is heating up, dredge the fish filets in the spice rub and coat evenly.
2. When the pan is warm, add the olive oil, and cook the spice rubbed fish until cooked thru. Cooking time will depending on the thickness of your fish. Typically about 3 to 4 minutes per side.

Roasted Rose Finn Potatoes

1. Heat oven to 450 degrees F.
2. Spread potatoes out on a cookie sheet. Scatter garlic over potatoes.
3. Coat lightly with olive oil and season potatoes with salt and pepper.
4. Roast until tender, about 20 minutes.

Tomato Cucumber Salad

1. Combine tomatoes, cucumber and onion, in a serving bowl. Pour over olive oil and red wine vinegar, gently toss to coat and evenly distribute ingredients. Season to taste with salt and pepper; sprinkle with goat cheese.
2. Refrigerate until ready to serve.

**Swamp Rabbit Cafe Cheddar Broccoli Casserole &
Heirloom Lettuce, Apple and Grape Salad
GF, V**

Ingredients:

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Swamp Rabbit Cafe Cheddar Broccoli Casserole

Salad

5 oz. Heirloom Lettuce greens

1 Honeycrisp apple (thinly sliced)

1 cup red grapes (seedless, cut in half)

1 Tbsp. Lusty Monk mustard

2 Tbsps. Apple cider vinegar

2 tsps. honey

1 small sweet candy onion (thinly sliced)

1/4 olive oil

Instructions:

1. Prepare Swamp Rabbit Cafe Cheddar Broccoli Casserole per instructions
2. In a large bowl make a vinaigrette by whisking together mustard, vinegar, honey, onion, olive oil, salt and pepper until well combined.
3. Add in the heirloom lettuce greens and fruit, and gently toss to combine. Serve immediately.

MEPD Shopping List

Produce:

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

Includes:

Honeycrisp Apples – 2 Pounds – Local, IPM
Green Leaf Lettuce – 1 Head – Local, Organic
Cucumbers – 2 Pieces – Local, Organic
Rose Finn Potatoes – 1 Pound – Local, Organic
Yellow Squash – 1 Pound – Local, Organic
Sweet Bell Peppers – 1 Pound – Local, Organic
Sweet Cocktail Tomatoes – 1 Pound – Local, Organic
Asian Pears – 2 Pounds – Local, IPM
Sweet Candy Onions – 1 Pound – Local, Organic

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Broccoli \\$3.99](#)

[Rosemary \\$2.00](#)

[Green onions \\$2.49](#)

[Ginger \\$2.99](#)

[Radishes \\$3.99](#)

[Sweet Potatoes \\$2.99](#)

[Red seedless grapes \\$6.99](#)

Meat:

[1 Lb. Mahi Mahi \\$16.95](#)

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

[Bacon \\$9.99](#)

[1 Grassfed New York Strip Steak \\$13.49](#)

Dairy:

[Garlic and Herb Goat Cheese \\$6.99](#)

Prepared:

[Blue Dream Curry House Green Curry \\$6.99](#)

[Swamp Rabbit Cafe Cheddar Broccoli Casserole \\$13.99](#)

Pantry:

[Jasmine Rice \\$6.99](#)

Total: \$156.80

Price Per Serving: \$7.84

Pantry

Oils/Fats:

[Oreno Olive Oil](#)

Sesame oil

Vinegar:

Rice wine vinegar

Balsamic Vinegar

Apple cider vinegar

Herbs/Spices:

Salt

Pepper

Blackened seasoning

Condiments:

Fish sauce

[Lusty Monk Mustard](#)

Soy sauce

Nuts/Seeds:

Sesame seeds

Sweetener:

[Local honey](#)