

MEPD Meal Plan - Week of 1/30/2017

“Convenience & Comfort”

Kale, Sausage & Potato Soup with Local Greens Salad & Ciabatta Bread

* Mandarin Glazed Salmon with Green Beans & Jasmine Rice * Slow Cooked Ratatouille with Goat Cheese Grits * Avocado Salsa Verde with Chicken & Rice Pilaf * Vegetable Lasagna with Cream Sauce & Superfood Side Salad

<p>Kale Soup with Sausage and Potatoes, Flat Rock Village Bakery Ciabatta Loaf, and Local Greens & Goat Cheese Salad</p> <p>GF, DF, V options</p> <p>Serves 4</p>	<p>Ingredients:</p> <p><i>Kale Soup with Sausage and Potatoes</i> 1 pound Balsam Gardens Italian Sausage, cut into 1/8" slices* 1 large onion, chopped 1 clove garlic, minced 6 red potatoes, diced 1 head red kale, washed, stemmed and torn 4 cups Root and Fruits “No Bone Broth” 1 Tbsp balsamic vinegar 2 tsps kosher salt 3 roma tomatoes, cored and cut into 1/2" dice <i>*substitute No Evil Foods El Zapatista Chorizo for vegetarian option</i></p> <p><i>Flat Rock Village Bakery Ciabatta Loaf</i> 1 loaf Flat Rock Village Bakery ciabatta bread, sliced and toasted Olive oil and balsamic vinegar for dipping <i>*substitute Eat more Bakery Herbed Focaccia for GF option</i></p> <p><i>Local Greens & Goat Cheese Salad</i> 1 bunch local hydro lettuce, washed & torn 2 oz Three Graces Farm Goat cheese, crumbled 1/2 cup slivered almonds Bragg’s Healthy Vinaigrette <i>*omit goat cheese for DF option</i></p>	<p>Instructions:</p> <p><i>Kale Soup with Sausage and Potatoes</i></p> <p>1. Place the sausage in a large pot over medium-low heat and cook until it begins to render its fat, about 2 minutes. Add the onion and cook for 2 minutes. Add the garlic and potatoes and cook for 2 minutes. Add the kale and cook, stirring constantly, for 2 minutes longer.</p> <p>2. Stir in the veggie broth, vinegar and salt. Bring to a boil, reduce heat, cover and simmer for 1 hour. Season with pepper. Stir in the tomatoes and cook, uncovered, for 15 minutes. Divide among 4 bowls and serve.</p> <p><i>Flat Rock Village Bakery Ciabatta Loaf</i></p> <p>Place sliced loaf on sheet pan in 425 F. degree preheated oven. Prepare bowl with heavy pour of olive oil, and drizzle of balsamic vinegar, salt and pepper if desired.</p> <p><i>Local Greens & Goat Cheese Salad</i></p> <p>Add the prepared local hydro lettuce to bowl and toss with vinaigrette to coat. Plate the greens, and top with slivered almonds and crumbled goat cheese.</p>
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<p>Mandarin Glazed Salmon with Sauteed Green Beans & Jasmine Rice</p> <p>GF, DF, V optional</p> <p>Serves 4</p>	<p>Ingredients:</p> <p><i>Mandarin Glazed Salmon</i> 1 pounds Wild-Caught Alaskan Salmon (each portion cut in half for 4 portions) 1 bunch spring onions, cut into 1/8" rounds 4 mandarin oranges 1/4 cup GF tamari sauce 1/3 cup honey 1 tsp minced garlic 1 tsp minced ginger <i>*Substitute Smiling Hara Tempeh for Salmon for vegetarian option</i></p> <p><i>Jasmine Rice</i> 2 cups Lundberg Jasmine Rice 4 cups water 1 tsp salt</p> <p><i>Sauteed Green Beans</i> 2 cups green beans, trimmed 1 Tbsp olive oil 1/4 cup almonds, slivered Salt & ground black pepper</p>	<p>Instructions:</p> <p><i>Mandarin Glazed Salmon</i></p> <ol style="list-style-type: none"> 1.Preheat oven to 375 F. Place the salmon, skin on, in a plastic bag for marinating, or shallow bowl. Place the spring onions in the bottom of a glass baking dish, in a single layer Juice the mandarins and combine with tamari, honey, garlic and ginger to make a marinade. Pour over salmon and marinate for 20 minutes. Remove the salmon from the bag and place skin side up over the onions, then pour the marinade over top Place in preheated oven and bake for 30 minutes until salmon is cooked through and easily flaked with a fork. <p><i>Jasmine Rice</i> Bring the water to a boil in a medium saucepan. Stir in the rice; cover and reduce the heat to low. Simmer for 15 minutes until all of the water is absorbed. Taste the rice; if it is still too firm, add a few more tablespoons of water. Cover the pan and let the rice absorb the water off of the heat.</p> <p><i>Sauteed Green Beans</i> In a skillet, saute the green beans in olive oil until tender-crisp. Season with salt and black pepper, to taste. Before serving, add the almonds to the skillet and heat through until the almonds are toasted. Toss with beans.</p>
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**Slow Cooked
Ratatouille
&
Goat Cheese
Grits**

GF, DF, V
options

Serves 8

Ingredients:

Slow Cooked Ratatouille

- 2 large eggplants, peeled and cut into 1/2-inch pieces
- 3 medium zucchini or yellow summer squash, cut into 1/2-inch pieces
- 3 Tbsp kosher salt
- 3 Tbsp olive oil, divided
- 2 small red onions, diced
- 2 red bell peppers, cut into ½ “ pieces
- 3 cloves minced garlic
- ¼ cup all-purpose flour (can use GF)
- ¼ cup tomato paste
- 1 28 oz. can whole tomatoes
- 1 Tbsp Herbes de Provence
- ½ cup freshly grated parmesan

Goat Cheese Grits

- 6 cups chicken stock*
- 1.½ tsp kosher salt
- 1 ½ cups Faucette Farm Stone Ground Grits
- 4 Tbsp unsalted butter**
- ½ cup Three Graces Farm Goat Cheese
- 1 tsp fresh ground black pepper
- *substitute No-Bone vegetable stock for chicken for vegetarian option*
- **Substitute Earth Balance or coconut, or olive oil for butter for dairy free option. Omit Goat Cheese.*

Instructions:

Slow Cooked Ratatouille

1. Place the eggplant and zucchini in a large colander and toss well with 3 tablespoons of salt; let sit for about 45 minutes. Rinse well to remove the salt, then dry well, gently squeezing out excess water with a kitchen towel. Add to the slow cooker.
2. Heat 2 tablespoons of the olive oil in a 10-inch, heavy sauté pan over medium-high heat. When warm, add the onions, bell peppers, and garlic and sauté until the vegetables are softened, about 8 minutes. Transfer to the slow cooker.
3. Reduce the heat to medium and add the remaining 1 tablespoon of oil. As soon as it melts, add the flour and tomato paste, and cook until the mixture is thickened and the flour disappears, about 1 minute. Increase the heat to medium high and add the tomatoes with their juices, Herbes de Provence, and pepper. Cook, crushing the tomatoes a bit with a wooden spoon, until thickened and smooth, about 6 minutes. Mix with the vegetables in the slow cooker.
4. Cover the slow cooker and cook on low until the vegetables are tender, 4 to 5 hours. Uncover and remove from the heat; immediately stir in the cheese.

Goat Cheese Grits

1. While the ratatouille is cooking, add the stock and salt to a medium, heavy saucepan and bring to a boil over medium-high heat. Once boiling, gradually whisk in the grits.
2. Reduce the heat to low, and cook, stirring every 3 minutes, until creamy and thickened, 30 to 35 minutes.
3. Remove from the heat and stir in the butter, cheese, and pepper.

To serve: Ladle grits into individual bowls, spoon ratatouille on top, and serve immediately.

<p>Avocado Salsa Verde with Chicken Breasts & Jasmine Rice</p> <p>GF, DF</p> <p>Serves 4</p>	<p>Avocado Salsa Verde with Chicken Breasts</p> <p>6 ounces fresh tomatillos - husked, rinsed, and halved 1 tablespoon thinly sliced serrano chiles, or to taste 1 large ripe avocado - halved, seeded, and flesh scooped out of peel 1/4 cup packed cilantro leaves 1/2 lime, juiced salt to taste</p> <p>1 pound Balsam Garden Boneless Skinless Chicken Breasts</p> <p>Jasmine Rice</p> <p>2 cups Lundberg Jasmine Rice 4 cups water 1 tsp salt</p>	<p>Instructions:</p> <p><i>Avocado Salsa Verde</i></p> <ol style="list-style-type: none"> 1. Place tomatillos into a food processor. Add serrano pepper, avocado, cilantro, and lime juice. Season with salt to taste. 2. Process until smooth; adjust seasoning. Transfer to a serving bowl. <p>*Can be made in advance</p> <p><i>Chicken Breasts:</i></p> <ol style="list-style-type: none"> 1. Pound the chicken breasts with a meat mallet or rolling pin to tenderize the meat and ensure uniform thickness. Cut into 4 even portions. 2. Season with salt and pepper. 3. Heat skillet over medium high heat and add 2 Tbsp olive oil 4. When pan is sufficiently heated, sear chicken breasts over high heat. 5. Allow about 2 minutes per side. 6. Transfer to plate and top with Avocado Salsa Verde
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<p>Vegetable Lasagna with Cream Sauce & Superfood Side Salad</p> <p>V</p> <p>Serves 4</p>	<p>Ingredients:</p> <p><i>Lasagna</i></p> <p>Swamp Rabbit Cafe Vegetable Lasagna with Cream Sauce</p> <p><i>Superfood Side Salad</i></p> <p>1 bunch local spinach 1 cup blueberries 1/2 cup slivered almonds Bragg's Healthy Vinaigrette</p>	<p>Instructions:</p> <p>Prepare Lasagna per instructions. While lasagna is baking, prepare spinach, blueberries and almonds, and combine in serving bowl. Drizzle with vinaigrette & serve with Lasagna.</p>
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MEPD Grocery List

[Medium Bin \\$38](#)

Red Kale

Blueberries

Green Beans

Mixed Hydro

Red Potatoes

Mandarins

Roma Tomato

Avocado

Spinach

[Red Onions \\$2.99](#)

[Garlic \\$2.99](#)

[Ginger \\$2.99](#)

[1 bunch spring onion \\$3.49](#)

[2 globe eggplants \\$6.98](#)

[1 pound summer squash \\$2.99](#)

[2 red bell peppers \\$4.99](#)

[Cilantro \\$2.99](#)

[Three Graces Farm Goat Cheese \\$6.99](#)

[Balsam Garden Boneless Skinless Chicken](#)

[Breasts \\$11.99](#)

[Balsam Gardens Italian Sausage \\$8.99](#)

[Wild-Caught Alaskan Salmon \\$14.99](#)

[Flat Rock Village Bakery ciabatta \\$5.99](#)

[Swamp Rabbit Cafe Vegetable Lasagna \\$15.99](#)

[Roots & Fruits No-Bone Broth 32oz -14.99](#)

\$148.34/24 meals

\$6.18/meal

Pantry List

[Unsalted Butter](#)

Jasmine Rice (try our [Lundberg Jasmine Rice](#))

Grits (try our [Faucette Farm Stone Ground Grits](#).)

Chicken Stock (6 cups)

[Bragg's Healthy Vinaigrette](#)

28 oz can whole tomatoes

Balsamic Vinegar

Apple cider vinegar

Lime juice

[Herbes de Provence](#)

Kosher Salt

Pepper

Slivered almonds

Tamari sauce

Tomato paste

Flour

Sugar

Parmesan cheese

Additional Produce

Fresh tomatillos

Serrano chile