



*\*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 3-20-2017**

**Golden Beet Salad with Cider Vinegar Reduction & Swamp Rabbit Cafe Lentil Soup  
Baby Back Ribs, Fingerling Potato Salad, and Brussels Sprouts  
Herbed Roasted Salmon with Asparagus Berry Salad  
Four Cheese Ravioli with Zucchini Tomato Sauce  
Chicken Pot Pie and Massaged Kale Salad**

### **Golden Beet Salad with Cider Vinegar Reduction & Swamp Rabbit Cafe Lentil Soup GF, V**

#### **Ingredients:**

1 bunch golden beets  
1 tablespoon extra virgin olive oil  
¼ cup apple cider vinegar  
Sea salt  
1 bunch hydro lettuce  
1 tablespoon olive oil  
Freshly ground pepper  
½ cup toasted walnut pieces  
½ cup Three Graces Dairy goat cheese  
Swamp Rabbit Cafe Lentil Soup

#### **Instructions:**

- 1. Preheat oven to 425°F degrees.**
- Rinse the beets and cut off the greens, saving them for another use. Rub the beets with the olive oil, wrap in foil and place on a baking sheet (in case they leak). Bake until you can pierce through the middle of each beet with a knife, about 1 hour. Remove from the oven and let cool.
- While the beets are cooking, gently bring the vinegar to a boil in a small saucepan over medium heat until it is reduced by a third. Remove from the heat and let cool.
- When the beets are cool, use a paring knife to remove the skins, which should peel off easily. Cut each beet into thin slices using a sharp knife. Sprinkle them with salt and toss them in the reduced vinegar.
- Toss the lettuce with the olive oil and a few grinds of pepper. Top the lettuce with the beets, walnut pieces and cheese. Use a spoon to drizzle the remaining vinegar on top, as desired. Serve immediately.
- Warm soup to serving temperature and serve with salad.

## **Baby Back Ribs, Fingerling Potato Salad, and Brussels Sprouts**

### **GF, DF\***

#### **Ingredients:**

##### ***Ribs***

2 Lbs Baby Back Ribs

Dry Rub of choice

BBQ Sauce of choice

##### ***Fingerling Potato Salad***

1 1/2 pounds fingerling potatoes cut into 1/2-inch disks

Kosher salt

2 tablespoons white wine vinegar, divided

1 tablespoon Dijon mustard

2 tablespoons sour cream\*

2 teaspoons extra-virgin olive oil

1 small red onion, diced (about 3/4 cup)

2 scallions, finely sliced (about 1/4 cup)

2 tablespoons minced fresh dill

Freshly ground black pepper

***\*Omit for DF***

##### ***Brussels Sprouts***

1 Lb. Brussels Sprouts, washed and halved

2 Tbsp olive oil

Salt and pepper to taste

#### **Instructions:**

##### ***Ribs***

- 1. Preheat oven to 250°F**
2. Place ribs meat-side down on parchment paper. Prick back of rib rack several times with a knife.
3. Generously apply coating of dry rub to all sides of rib rack.
4. With rib rack meat-side down, fold foil around it to create a tight seal. Transfer to sheet pan.
5. Bake in preheated oven until tender and cooked through, about 2 hours. Remove and cool 15 minutes.
- 6. Increase oven temperature to 350°F**
7. Open foil, drain and discard any accumulated juices and fat. Brush BBQ sauce on all sides of rack.
8. Place rack meat-side up and return to oven, leaving foil open. Bake for 10 minutes, remove from oven, and brush another layer of BBQ sauce on meat-side only. Repeat baking and brushing with sauce 4 more times, for a total of 50 minutes baking time at 350.\*
9. Cut rack into individual rib segments and serve with more BBQ sauce.

\*Add in Brussels Sprouts with 30 minutes of cooking time remaining

##### ***Fingerling Potato Salad***

1. Place potatoes, 1 tablespoon salt, 1/2 tablespoon vinegar, and 3 cups tepid water in a medium saucepan. Bring to a boil over high heat, stirring occasionally until salt is dissolved. Reduce to a bare simmer and cook until potatoes are completely tender and show no resistance when poked with a paring knife or cake tester, about 17 minutes. Drain potatoes. Immediately toss potato pieces with 1 tablespoon vinegar, spread in a single layer in a rimmed baking sheet, and allow to cool to warm room temperature, about 10 minutes.
2. Meanwhile, combine mustard, sour cream, olive oil, red onions, scallions, dill, and remaining 1/2 tablespoon vinegar in a large bowl and whisk together. Add potatoes and toss thoroughly to combine. Season to taste with more salt and pepper as necessary. Serve. Potato salad can be stored in the refrigerator for up to 5 days. Allow to come to room temperature before serving.

##### ***Brussels Sprouts***

1. Toss sprouts with olive oil, salt, and pepper and spread onto a roasting pan
2. Roast in oven: Put brussels sprouts in oven on top rack of preheated 350°F oven and roast for 30 minutes, stirring the sprouts about halfway through the cooking.
3. If after 30 minutes the sprouts aren't browned enough, put them under the broiler (or increase the heat to 500°F) for 5 minutes.

## Herbed Roasted Salmon with Asparagus Berry Salad

### GF, DF

<p><b>Ingredients:</b></p> <p><i>Salmon</i></p> <p>2 pounds salmon fillets  salt and freshly ground black pepper  1/4 cup olive oil  2 tablespoons freshly squeezed lemon juice  1/2 cup minced scallions, white and green parts (4 scallions)  1/2 cup minced fresh dill  1/2 cup minced fresh parsley  1/4 cup dry white wine (optional)  Lemon wedges, for serving</p> <p><i>Salad</i></p> <p>1 pound fresh asparagus, trimmed and cut into 1-inch pieces  3 tablespoons olive oil, divided  1/4 teaspoon salt  1/4 teaspoon coarsely ground pepper  1 bunch arugula, washed and dried  3 cups sliced fresh strawberries  1/2 small red onion, thinly sliced  1/2 cup chopped walnuts, toasted  2 tablespoons balsamic vinegar  2 teaspoons honey</p>	<p><b>Instructions:</b></p> <p><i>Salmon</i></p> <ol style="list-style-type: none"> <li><b>Preheat the oven to 425°F</b></li> <li>Place the salmon fillet in a glass, ceramic, or stainless-steel roasting dish, skin side down, and season it generously with salt and pepper. Whisk together the olive oil and lemon juice and drizzle the mixture evenly over the salmon. Let it stand at room temperature for 15 minutes.</li> <li>In a small bowl, stir together the scallions, dill, and parsley. Scatter the herb mixture over the salmon fillet, turning it so that both sides are generously coated with the green herbs. Pour the wine around the fish fillet.</li> <li>Roast the salmon for 10 to 12 minutes, until almost cooked in the center at the thickest part. The center will be firm with just a line of uncooked salmon in the very center. Cover the dish tightly with aluminum foil and allow to rest for 10 minutes. Cut the salmon crosswise into serving pieces and serve hot with lemon wedges.</li> </ol> <p><i>Salad</i> - Step 1 can be done ahead of the salmon.</p> <ol style="list-style-type: none"> <li>In a large bowl, toss the asparagus with 1 tablespoon oil. Spread in a greased 15-in. x 10-in. x 1-in. baking pan. Sprinkle with salt and pepper. <b>Bake at 400°F</b> for 15-20 minutes or until tender. Remove from oven and allow to cool.</li> <li>In a large salad bowl, toss the arugula, strawberries, onion, walnuts and asparagus. In a small bowl, whisk the vinegar, honey and remaining oil. Pour over salad; toss to coat.</li> </ol>
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## Four Cheese Ravioli with Zucchini Tomato Sauce

**V**

<p><b>Ingredients:</b></p> <p><i>Ravioli</i></p> <p>2 portions of Rio Bertolini Four Cheese Ravioli (serves 4)</p> <p><i>Sauce</i></p> <p>2 medium onions, chopped  4 tablespoons olive oil  1 pint cherry tomatoes, chopped  2 medium zucchini, cut into 1/2-inch cubes  4 garlic cloves, minced  2 teaspoons dried oregano  1 teaspoon salt &amp; 1/2 teaspoon pepper</p>	<p><b>Instructions:</b></p> <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>In a large saucepan, saute onions in oil until tender. Stir in the tomatoes, zucchini, garlic, oregano, salt and pepper; bring to a boil. Reduce heat; simmer, uncovered, for 50-60 minutes or until zucchini is tender.</li> <li>Prepare ravioli per instructions.</li> <li>Serve zucchini tomato sauce over ravioli.</li> </ol>
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## Chicken Pot Pie and Massaged Kale Salad

### Ingredients:

Madison County Pot Pie Family  
 Sized Chicken Pot Pie  
 1 bunch red kale, washed, stemmed  
 and dried  
 1 tsp. of olive oil  
 1 lemon, juiced  
 1 tsp. of sea salt  
 2 Navel Oranges - peeled and  
 segmented

### Instructions:

1. Prepare Chicken Pot Pie per instructions
2. Place kale leaves in large bowl
3. Lightly pour an additional 1 tsp. of olive oil onto your hands to coat.
4. Using a massaging action (similar to kneading bread dough), start to tear the leaves apart and massage. Pour in lemon juice and salt.
5. Continue massaging for about 2-5 minutes or until the leaves are softened, the leaves will also turn a more vibrant green. Toss with orange segments and serve with Pot Pie.

### MEPD Shopping List

#### Produce:

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

#### Includes:

Strawberries – 1 Pound – CA, Organic  
 Asparagus – 1 Pound - CA, Organic  
 Mixed Fingerling Potatoes – 1.5 Pounds – GA, Organic  
 Mixed Cherry Tomatoes– 1 Pint – FL, Organic  
 Mixed Hydro Lettuce – 6-7 Ounce – Local, Organic  
 Zucchini – 1 Pound – FL, Organic  
 Red Kale - 1 Bunch - FL, Organic  
 Brussels Sprouts -1 Pound - CA, Organic  
 Gold Beets - 1 Bunch - CA, Organic  
 Navel Oranges - 3 Pieces - FL, Organic

#### Add-On Produce:

[Red onions \\$2.99](#)

[Lemons \\$2.99](#)

[Parsley \\$2.99](#)

[Arugula \\$3.99](#)

[Garlic \\$2.99](#)

#### Meat:

[2 pounds salmon \\$29.98](#)

[2 Lbs Baby Back Ribs \\$13.98](#)

#### Eggs/Dairy:

[Three Graces Dairy Plain Jane Goat Cheese \\$6.99](#)

#### Prepared:

[Rio Bertolini Four Cheese Ravioli x2 \\$15.98](#)

[Madison County Chicken Pot Pie family size \\$17.99](#)

**Total: \$138.87**

**Price Per Serving: \$6.95**

### Pantry

#### Oils/Fats:

Olive oil  
 Coconut oil

#### Vinegar:

Balsamic vinegar  
 Apple Cider Vinegar  
 White wine vinegar

#### Herbs/Spices:

Salt  
 Pepper  
 Fresh dill  
 Dried oregano

#### Dairy:

Sour Cream

#### Condiments:

Dijon mustard  
 Dry BBQ Rub  
 BBQ Sauce

#### Nuts/Seeds/Beans:

walnuts

#### Produce:

Scallions

#### Libations:

Dry white wine