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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 9-26-2017

Nicoise Salad

Quinoa, Kale and Mushroom Stuffed Sweet Dumpling Squash

Slow Cooked Pork Shoulder with Basil Sauce & Honeycrisp Apple Salad

Grilled Pepper and Red Onion Pizza

Local Blue Dream Curry Kit

Nicoise Salad GF, DF	
<p>Ingredients:</p> <p><i>Vinaigrette-</i> ½ cup red wine vinegar ¾ cup Oreno olive oil 2 Tbsp. Herbes de Provence 1 tsp. Lusty Monk Original Sin Mustard Salt and pepper</p> <p><i>Salad-</i> 1 Lb. Grilled Tuna 6 hard boiled eggs 1.25 Lbs. Yukon Gold Potatoes, quartered 4 oz mixed lettuce, washed and dried 1 pint cherry tomatoes, haved 1 red onion, thinly sliced 1 Lb. green beans, trimmed and halved ¼ cup nicoise olives 2 Tbsp. capers</p>	<p>Instructions:</p> <p>*Marinate tuna steak in a little olive oil for an hour. Heat a large skillet on medium heat or place on hot grill. Cook the steak 2-3 minutes on each side until cooked through.</p> <ol style="list-style-type: none"> 1. In a jar, place the oil, red wine vinegar, herbs and mustard. Cover with a lid, and shake until well blended. Add salt and pepper to taste. 2. Place onion slices in a small bowl and sprinkle with 3 Tbsp. of the vinaigrette. 3. Place potatoes in a large pot and cover with 2 inches water. Add 1 Tbsp. of salt. Heat on high to bring to a boil. Lower the heat to maintain a simmer. Cook for 10-12 minutes or so, until the potatoes are fork tender. Drain. While the potatoes are still warm, cut them into quarters. Place them in a bowl and dress them with about ¼ cup of the vinaigrette. 4. While the potatoes are cooking, fill a medium sized pot halfway with water and salt. Bring to a boil on high heat. Add the green beans to the boiling water. Cook until tender but still firm. About 4 minutes. Drain and either rinse with cold water to stop the cooking. 5. Arrange lettuce on serving platter. Cut tuna into /12 inch thick slices. Mound tuna in center of lettuce. Sprinkle the tomatoes and onions around the tuna. Arrange the potatoes and green beans in mounds at the edge of the lettuce.

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| | 6. Arrange hard boiled eggs and olives. Drizzle everything with the remaining vinaigrette. Sprinkle with capers. |
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<p style="text-align: center;">Quinoa, Kale and Mushroom Stuffed Sweet Dumpling Squash GF, DF, V</p>	
<p>Ingredients: 2 Sweet Dumpling Squash 8 ounces crimini mushrooms, thinly sliced 1 Tbsp. Oreno olive oil 1 sweet candy onion, minced 1 garlic clove, minced 1 bunch of green kale, back rib removed and coarsely chopped 3/4 cup cooked quinoa 4 Tbsps. of favorite fresh spices - basil, oregano, thyme Salt and pepper to taste</p>	<p>Instructions:</p> <ol style="list-style-type: none">1. Preheat the oven to 375. Split the squash in half from stem to bottom, scoop out the seeds and discard. Take a fork and poke a few holes in the skin. Grab a rectangular baking dish and fill with about 1/4" of water and place squash, cut side down. Bake until soft, about 30 minutes.2. Meanwhile, add the olive oil to large skillet over a medium heat. Saute the onion and garlic for 1-2 minutes, until fragrant, then add the mushrooms and season with salt and pepper. Allow the moisture to run off from the mushrooms and once dry and golden, add the kale and stir. Place a lid on top of the pan to allow the kale to steam. When the kale has wilted, remove the lid and take it off the heat. Add the quinoa and desired spices and combine.3. When the squash are soft, remove from the oven, season with a little olive oil and salt and pepper, and then fill with the quinoa-veggie mixture.

Slow Cooked Pork Shoulder with Basil Sauce & Honeycrisp Apple Salad

GF

Ingredients:

Pork Shoulder

8 garlic cloves, finely chopped
1/4 cup olive oil
3 Tbsps. Lusty Monk Mustard
3 Tbsps. light brown sugar
2 Tbsps. salt
2 tsps. freshly ground black pepper
2 tsps. oregano leaves, finely chopped
1 1/2 tsps. smoked paprika
1 Hickory Nut Gap Farm pork shoulder roast

For the sauce:

1 large sweet candy onion, finely chopped
2 cups basil leaves, finely chopped
1 1/4 cups Oreno olive oil
1/4 cup oregano leaves, finely chopped
1 tsp. crushed red pepper flakes
1 tsp. salt
1/2 cup fresh lemon juice

Special Equipment:

A (4-quart) slow cooker

Apple Salad

1/4 tsp. sea salt
12 rosemary leaves, minced
1 medium garlic clove, peeled
1 tsp. honey
1/2 cup sour cream
2 1/2 tsps. white wine vinegar
freshly ground black pepper to taste
3 large celery stalks, sliced see-through thin
(reserve any celery leaves)
2 Honeycrisp Apples, cut into sixths, and
then thinly sliced*
1 bunch of spinach, washed and chopped
1/3 cup toasted walnuts

Instructions:

Pork Shoulder

1. Cook the pork: Mix garlic, oil, mustard, brown sugar, salt, pepper, oregano, and paprika in a small bowl to form a paste. Rub all over pork, then transfer to a resealable plastic bag or slow cooker insert and chill overnight.
2. Place pork in slow cooker, cover, and cook on low until meat is fork-tender but not yet completely falling apart, 7 1/2–8 hours.
3. Meanwhile, make the sauce: Mix shallot, basil, oil, oregano, red pepper flakes, and salt in an airtight container. Cover and let rest up to 3 hours at temperature or up to 2 days in refrigerator. Stir in lemon juice just before using.
4. Transfer pork to a cutting board and let rest 5 minutes. Slice and transfer to a platter. Drizzle with sauce and serve with additional sauce alongside.

Apple Salad

1. Make the dressing first. Crush the sea salt, rosemary, garlic, and sugar into a paste with a mortar and pestle (or smash it all together with a knife). Work in the sour cream and vinegar, taste and adjust with a bit of pepper and more salt if needed.
2. When you're ready to serve, combine the celery, apples, salad greens, and most of the nuts with a few half of the dressing. Toss well, adding more dressing until it is to your liking. Finish with the remaining nuts, and any torn celery leaves.

Grilled Pepper and Red Onion Pizza

GF*, V

Ingredients:

1 Lb. Sweet Mixed Peppers, cut lengthwise into eighths
1 red onion, cut into 1/2-inch rounds
2 Tbsps. Oreno olive oil, plus more for brushing
6 ounces Three Graces Dairy Garlic and Herb Goat Cheese
3/4 cup Organic Valley Grated Parmesan
1 tsp. lemon zest, plus 1 tsp. juice
2 Rio Bertolini New York Style Pizza Dough Balls, prepared*
Salt and pepper to taste
5 oz. arugula, finely chopped
Red-pepper flakes, for serving

*For GF Option, consider Eat More Bakery GF Pizza Crusts

Instructions:

1. Heat grill to medium-high. Toss peppers and onion with 1 tablespoon oil; grill, flipping once, 7 to 10 minutes. Combine goat cheese, Parmesan, lemon zest, and 2 teaspoons oil.
2. Generously brush a rimmed baking sheet with oil. Brush tops with oil; season with salt. Brush grates with oil. Grill pizza, top-side down, until bubbles form, 1 to 2 minutes. Flip; dollop with a quarter of cheese mixture, peppers, and onion. Grill, moving occasionally with tongs, until cheese melts and bottom is crisp, 1 to 2 minutes. Repeat with remaining dough. Toss arugula with lemon juice and remaining 1 teaspoon oil; season with salt and pepper. Top pizzas with arugula and sprinkle with red-pepper flakes; serve.

Local Blue Dream Curry Kit

V, GF*

Ingredients:

16 Ounce Local Pisgah Panang Blue Dream Curry Sauce
2 Pound Organic Lundburg Jasmine Rice
1 Pound Local/Organic Green Beans, ends trimmed
1 Pound Local/Organic Zucchini, cubed
2 Pieces Local/Organic Red Bell Peppers, seeded and cut into strips
1 Bunch Organic Carrots, peeled, and cut into rounds
Oreno olive oil

Instructions:

1. Prepare 2 cups of Jasmine Rice per instructions
2. Prepare large skillet over medium high heat. Add 2 Tbsps. Olive oil to pan. Saute vegetables until tender. Add Pisgah Panang Curry Sauce and reduce heat to simmer for 15 minutes.
3. Serve curry over rice

MEPD Shopping List

Produce:

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

Includes:

Mixed Green Salad Mix – 5 Ounces – Local, Organic
Green Beans – 1 Pound – Georgia, Organic
Green Kale – 1 Bunch – Local, Organic
Rainbow Cherry Tomatoes – 1 Pint – Florida, Organic
Sweet Dumpling Squash – 2 Pieces – Local, Organic
Mixed Sweet Peppers – 1 Pound – Local, Organic
Honey Crisp Apples – 6 Pieces – Local, IPM
Yukon Gold Potatoes – 2.5 Pounds - Georgia, Organic
Celery – 1 Bunch – Georgia, Organic

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons x2 \\$5.98](#)

[Sweet dumpling squash \\$4.99](#)

[Sweet candy onions \\$2.99](#)

[Rosemary \\$2.99](#)

[Basil x 2 \\$5.98](#)

[Oregano \\$2.99](#)

[Spinach \\$4.99](#)

[arugula \\$4.99](#)

Meat:

[Hickory Nut Gap Farm Pork Shoulder \\$7.99/Lb](#)

[Wild Caught Tuna \\$15.95](#)

Dairy:

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

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

[1 dozen eggs \\$5.99](#)

Prepared:

[Local Blue Dream Curry Kit \\$24.99](#)

[Rio Bertolini Pizza Dough Balls x 2 \\$5.98](#)

Pantry:

[Alter Eco Quinoa \\$8.99](#)

Total: \$160.76

Price Per Serving: \$8.03

Pantry

Oils/Fats:

[Olive oil](#)

Vinegar:

Red wine vinegar

White wine vinegar

Herbs/Spices:

Salt

Pepper

Herbes de Provence

Paprika

Crushed red pepper flakes

Condiments:

[Lusty Monk Original Sin Mustard](#)

Capers

Nicoise olives

Nuts/Seeds:

Walnuts

Dairy:

Sour cream

Sweeteners:

Light brown sugar