

MEDP Meal Plan - Week of 2/3/2017

"It's a Chard Knock Life!"

Asparagus and Gouda Stuffed Chicken Breasts & Yukon Gold Mashed Potatoes
Rainbow Chard and Feta Quinoa Bowl with Roasted Beet & Mandarin Salad
Pasta with Peppers, Squash and Tomatoes * Warm Chickpea and Broccoli Salad
Vegetable Enchiladas and Blackberry Spinach Salad

<p>Asparagus and Gouda Stuffed Chicken Breasts with Yukon Gold Mashed Potatoes</p> <p>Serves 4</p> <p>*GF, DF</p>	<p>Ingredients:</p> <p>Asparagus and Gouda Stuffed Chicken Breasts</p> <p>4 Balsam Gardens Chicken Breasts, pounded Seasoning mixture: salt, pepper, garlic powder, onion powder 1 bunch asparagus spears, trimmed pre-steamed 1 cup shredded Ashe County Gouda* 2 eggs beaten 1 cup Italian seasoned bread crumbs*</p> <p>Yukon Gold Mashed Potatoes</p> <p>1 ¼ Lbs. Yukon Gold Potatoes, peeled, washed and cubed ½ tsp salt ¼ cup butter* ¾ cups ½ and ½* 3 cloves garlic, minced salt and pepper to taste</p> <p>*Omit Gouda for DF *Use GF Breadcrumbs *Use DF butter alternative *Use DF milk of choice</p>	<p>Instructions:</p> <p>Asparagus and Gouda Stuffed Chicken Breasts</p> <ol style="list-style-type: none">1. Preheat oven to 375 F. Line 9x13 baking dish with parchment paper.Season pounded chicken breasts with seasoning mix. Place 4 spears of asparagus down the center of each chicken breast. Spread ¼ cup of gouda over the asparagus. Repeat until all 4 chicken breasts are prepared.Roll the chicken around the asparagus and cheese to make a tidy, compact roll.Dip in egg wash, then into breadcrumbs fully covering each roll.Place the rolls seam side down in the prepared baking dish.Bake in a preheated oven for 30 minutes. <p>Yukon Gold Mashed Potatoes</p> <ol style="list-style-type: none">Cover peeled, cut potatoes with cold salted water, simmer until tender, about 13-15 minutes.Melt butter, warm creamDrain cooked potatoes, mash with butter, cream and milk. Add salt and pepper to taste.
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<p>Rainbow Chard and Feta Quinoa with Pickled Beet & Mandarin Salad</p> <p>Serves 4</p> <p>GF, DF*, V</p>	<p>Ingredients:</p> <p>2 cup uncooked quinoa 4 cups water 2 Tbsp olive oil 2 cloves garlic, minced 1 tsp dijon mustard 2 Tbsp fresh lemon juice 1 bunch rainbow chard ¾ cups crumbled feta cheese* ½ cup toasted walnuts Salt and pepper</p> <p>Beet and Mandarin Salad</p> <p>1 bunch hydro lettuce, washed and torn 2 cups Blue Ridge Pickled Beets 3 Mandarin oranges Bragg’s Healthy Vinaigrette</p> <p>*Omit feta for DF</p>	<p>Instructions:</p> <p>Rainbow Chard and Feta Quinoa</p> <ol style="list-style-type: none"> 1. Stem and chop rainbow chard. Set aside 2. Cook 2 cups quinoa in 4 cups salted water. (According to package instructions) 3. In a medium bowl, add 2 Tbsp. olive oil, minced garlic, dijon mustard, lemon, salt and pepper. Once quinoa is done cooking, add to the bowl and toss to coat. Taste, adjust the seasonings and set aside. 4. In a medium skillet, heat a few teaspoons of olive oil, then add the chard, salt and pepper and toss until just wilted. Finish with lemon juice and remove from heat. Assemble bowls with quinoa, chard, feta and toasted walnuts. <p>Beet and Mandarin Salad</p> <ol style="list-style-type: none"> 1. Divide hydro lettuce among 4 salad plates 2. Arrange beets on top of lettuce. 3. Divide Mandarin oranges over beets and lettuce 4. Drizzle vinaigrette over salad.
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<p>Penne Pasta with Peppers, Squash, and Tomatoes</p> <p>Serves 4</p> <p>GF*, GF*, V*</p>	<p>Ingredients:</p> <p>16 oz. Bionaturae Penne Rigate Pasta* 2 Tbsp olive oil 1 pound Italian Sausage, casings removed* 2 red bell peppers, cut into ¼ inch strips 2 small yellow squash, cut into ¼ inch rounds 1 pound cherry tomatoes, halved Red-pepper flakes Grated romano cheese, for serving</p> <p>*Use Tinkyada Gluten-Free Penne Pasta *Use No Evil Foods Sausage for vegetarian option *Omit romano cheese for DF</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. In a large pot of salted, boiling water, cook pasta according to instructions. Reserve ½ cup pasta water, then drain. 2. Meanwhile in a large skillet, heat 1 Tbsp olive oil over medium high. Add sausage and cook, breaking apart with slotted spoon, until cooked through. With slotted spoon, transfer sausage to bowl. 3. Add 1 Tbsp oil and bell pepper and cook, stirring occasionally, until browned in spots. Add squash and half the tomatoes. Cook 1 minute. Ad ¼ cup pasta water and cook until tomatoes soften, 4 minutes. Return sausage to pan and add remaining tomatoes. Season with red-pepper flakes. Cook until sausage is warmed through and juices thicken slightly, about 2 minutes. Toss with pasta; if necessary, add remaining pasta water to create a light sauce that coats pasta. Serve with romano cheese.
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<p>Warm Chickpea and Broccoli Salad</p> <p>Serves 4</p> <p>GF, DF*, V</p>	<p>Ingredients:</p> <p>Salad</p> <p>1 15 oz. can chickpeas Salt to taste 1 pound broccoli, broken into florets ¼ cup chopped parsley 2 oz. grated romano* 4 hard-cooked eggs</p> <p>Dressing</p> <p>1 Tbsp fresh lemon juice 1 Tbsp red wine vinegar 1 tsp dijon mustard 1 small garlic clove, minced Salt and freshly ground pepper 6 Tbsp olive oil</p> <p>*Omit romano cheese for DF</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Warm chickpeas in 6 quart sauce pan. 2. Assemble the dressing and set aside. 3. When the beans are warm, add broccoli. Cover and simmer. Cook until broccoli is tender, (around 5 minutes). Drain the beans and broccoli, and toss with the dressings. Add the parsley and parmesan, and toss again. Slice hard-cooked eggs and spread on top. Serve warm.
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<p>Vegetable Enchiladas and Blackberry Spinach Salad</p> <p>Serves 4</p> <p>GF, V</p>	<p>Ingredients:</p> <p>Vegetable Enchiladas Swamp Rabbit Cafe Vegetable Enchiladas</p> <p>Blackberry Arugula Salad</p> <p>1 bunch spinach, washed and stemmed 1 pint fresh blackberries 2 oz feta cheese Bragg’s Healthy Vinaigrette</p>	<p>Instructions:</p> <p>Vegetable Enchiladas Heat Swamp Rabbit Cafe per instructions. While enchiladas are baking, assemble blackberry arugula salad.</p> <p>Blackberry Spinach Salad Add arugula, blackberries, and feta to a large serving bowl Toss to blend well. Drizzle with Bragg’s Healthy Vinaigrette and serve into 4 salad bowls.</p>
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<p>Mother Earth Produce Grocery List</p> <p>Medium Bin \$38 Asparagus Red Bell Peppers Blackberries Rainbow Chard Hydro Lettuce Yukon Gold Potatoes Mandarins Mixed Cherry Tomatoes Broccoli 2 Lbs Balsam Garden Chicken Breasts \$21.98 Ashe County Mountain Gouda \$6.99</p>	<p>con’t.. Queen B Pastured Eggs \$5.99 Grass Fed Half & Half \$3.25 Alter Eco Rainbow Quinoa \$8.25 Garlic \$2.99 Lemons \$2.99 Bragg's Healthy Vinaigrette \$6.49 Blue Ridge Beets \$8.25 Bionaturae Penne Rigate \$3.99 Balsam Gardens Italian Sausage \$8.99 Yellow Squash \$3.99 Parsley \$2.99 Arugula \$3.99 Swamp Rabbit Cafe Vegetable Enchiladas \$13.99</p> <p>Total: \$143.12 Price per serving: \$7.15/meal</p>	<p>Pantry</p> <p>Olive oil Salt Pepper Garlic Powder Onion powder Bread crumbs Dijon Mustard Walnuts Feta Red pepper flake Grated Romano cheese Red wine vinegar 15 oz. can chickpeas Happy Cow Creamery 2 Lb. Unsalted Butter</p>
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