

## Mother Earth Produce Meal Plan - Week of 1/16/2017

Aloo Gobi \* Wild-Caught Alaskan Cod with Mandarin Buerre Blanc with Garlicky Green Beans \*  
 Korean Pork Tacos with Bok Choy, Carrot & Apple Slaw, and Pickled Red Onions \* Sweet Potato Chili \*  
 Cheesy Quinoa and Vegetable Casserole

<p><b>Aloo Gobi</b>  <i>Spicy Indian style Cauliflower and Potatoes with Rice</i>                  *GF, DF, V</p>	<p><b>Ingredients:</b>                  2 medium-sized Yukon Gold Potatoes, peeled and cut into cubes                  1 head cauliflower cut into florets                  2 red onions chopped                  1 tsp minced ginger                  1 tsp crushed garlic                  1/2 tsp turmeric powder                  1 Tbsp Spice Society Yellow Curry Powder                  1 tsp cumin powder                  Carton of mixed medley cherry tomatoes, chopped.                  A fistful of chopped cilantro                  2 Tbsp olive oil                  Salt to taste                  Jasmine Rice</p>	<p><b>Instructions:</b>  <b>Prepare Jasmine Rice to serve 4.</b> Heat oil in a pan and add the chopped onions. When the onions turn soft, add the ginger and garlic and saute until fragrant (about 2 mins). Add the potatoes and cauliflower to this and cook on <b>medium heat, covered</b>, mixing now and then so the vegetable pieces don't burn. When the vegetables are half cooked, add the chopped tomatoes and mix again. Cook again for 3-4 mins or until the vegetables are soft (not mushy). Add the spice powders. Mix again until well combined. Cook for 2 mins or so. The potatoes and cauliflower should be roasted and dry by now. Add salt. Finish off with a generous amount of chopped cilantro and mix again. Serve with Jasmine Rice.</p>
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<p><b>Wild-Caught Alaskan Cod with Mandarin Buerre Blanc &amp; Garlicky Green Beans</b>                  *GF</p>	<p><b>Ingredients:</b>  <i>Pan Fried Cod</i>                  4 Portions Wild-Caught Alaskan Cod                  Season with salt and pepper   <i>Mandarin Orange Beurre Blanc Sauce</i>  <i>Yields approximately 1 cup</i>                  2 Mandarin oranges                  ½ cup dry white wine                  2 tsps minced shallots                  ½ pound (2 sticks) unsalted butter                  Salt and pepper   <i>Garlicky Green Beans</i>                  1 pound fresh green beans, trimmed and snapped in half                  3 tablespoons butter                  3 cloves garlic, minced                  2 pinches pepper                  salt to taste</p>	<p><b>Instructions:</b>  <i>Pan Fried Cod</i>                  Season the fish with salt and pepper. Heat a heavy bottomed saute pan until hot, then add olive oil to cover. Carefully add the fish and cover over medium high heat for 3 minutes. Turn over. Cook for another 3 minutes and test for doneness. Remove fish when slightly underdone, as it will continue to cook even after removed from heat.   <i>Mandarin Orange Beurre Blanc Sauce</i>                  Zest one orange and juice the two oranges. Put the juice, zest, wine and shallots in a saucepan on <b>medium high heat</b>. Cook until it is syrupy and liquid is almost gone. On <b>low heat</b>, whisk in the butter continuously and vigorously, 1 tablespoon at a time. Butter is the only emulsifier for this sauce, and if you slowly add it, continuously stirring, the sauce will achieve a silky smooth texture. Do not let the sauce boil. Add salt and pepper to taste. Serve over pan fried cod.   <i>Garlicky Green Beans</i>                  Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water. Add butter to green beans; cook and stir until butter is melted, 2 to 3 minutes. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.</p>
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<p><b>Korean Pork Tacos with Bok Choy, Carrot &amp; Apple Slaw, and Pickled Red Onions</b></p> <p>*GF, DF. Substitute tempeh for pork for vegetarian option.</p>	<p><b>Ingredients:</b>  Pork Chops  <i>Korean Marinade</i>  1 cup soy sauce  3 tablespoons rice vinegar  2 tablespoons honey  1 heaping tablespoon Korean chili paste  2 tablespoons grated fresh ginger  6 cloves garlic, chopped  1 green onion, thinly sliced  2 teaspoons toasted sesame oil  Freshly ground black pepper</p> <p><i>Bok Choy, Carrot and Apple Slaw</i></p> 1 pound baby bok choy 1 tsp salt 1 peeled apple, cut into matchsticks 2 large shredded carrots 3 Tbsp rice wine vinegar 1 Tbsp olive oil 1 tsp finely grated ginger Salt and pepper to taste <p><i>Pickled Red Onions</i></p> 1 ½ cups sliced red onion 1 clove garlic 3 Tbsp white sugar 1 ½ Tbsp salt ½ tsp peppercorns 1 cup rice wine vinegar Sliced avocados, lightly salted	<p><i>Korean Pork</i>  Prepare marinade in large bowl. Add pork chops. Make sure to completely cover. Refrigerate overnight.</p> <p><i>Bok Choy, Carrot and Apple Slaw</i></p> Halve bok choy lengthwise; rinse under cold water to remove grit. Cut crosswise into thin strips; place in a large colander, and sprinkle with salt. Toss to coat. Top with a plate that fits inside colander; weight with a heavy object (such as a skillet or canned goods). Set aside in sink to drain. In a large bowl, mix apple, carrots, lemon juice, vegetable oil, and peeled fresh ginger. Add bok choy; season with salt and pepper. Toss. <p><i>Pickled Red Onions</i></p> Thinly slice the red onion and peel the garlic. Place the onion and garlic in a large glass or ceramic bowl. Add the sugar, salt, and peppercorns to a small sauce pot. Add the vinegar and stir until the sugar and salt are dissolved. Place a lid on the pot and bring the mixture up to a boil over medium-high heat. Once boiling, pour the vinegar over the sliced onion and garlic. Press the onion down so all the pieces are submerged, then let the mixture cool to room temperature. Once cool, use the onions immediately or transfer the onions and all the brine to a lidded non-reactive container (glass, ceramic, or plastic) for storage in the refrigerator. The onions can be stored in the refrigerator for 3-4 weeks. <p><i>To prepare the Korean Pork Tacos:</i></p> Turn to medium-low heat, and place the pork slices onto a non-stick pan. Pan fry for about 5 minutes each side. Remove from heat to a cutting board. Slice against the grain, into thin slices. Serve pork atop corn or flour tortillas. Top with Bok Choy, Carrot and Apple Slaw and Pickled Red Onions. Accompany with sliced avocados, lightly salted.
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<p><b>Slow Cooker Sweet Potato Chili</b></p> <p>*GF, DF, V</p>	<p><b>Ingredients:</b>  2 sweet potatoes, peeled and in 2-inch chunks  1 yellow onion, diced  2 garlic cloves, minced  1 (15 oz.) can red kidney beans, drained and rinsed  1 red bell pepper, seeded and chopped  1 (14.5-ounce) can diced tomatoes  1 tablespoon chili powder  1 teaspoon smoked paprika  1 teaspoon chili powder  1/2 teaspoon salt  1 cup water  1/2 cup orange juice</p> <p>Optional Garnish: Happy Cow 3 Year Aged Cheddar, Shredded</p>	<p><b>Instructions:</b>  Peel and chunk the sweet potato and add to the slow cooker. Add diced onion. Follow with the red bell pepper, can of tomatoes, beans, garlic, and seasonings. Pour in orange juice and water. Cover and cook on low for 6-8 hours, or until the onion is translucent and the sweet potato is fork-tender.</p>
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<p><b>Swamp Rabbit Cafe Cheesy Quinoa and Vegetable Casserole</b></p> <p>*GF, V</p>	<p><b>Ingredients:</b>  Swamp Rabbit Cafe Cheesy Quinoa and Vegetable Casserole</p>	<p><b>Instructions:</b>  <b>Heat</b> Swamp Rabbit Cafe Cheesy Quinoa and Vegetable Casserole per instructions.</p>
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**Mother Earth Produce Grocery List:**

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

- Baby Bok Choy
- Mixed Medley Cherry Tomato
- Cauliflower
- Mandarins
- Sweet Potatoes x2
- Green Beans
- Red Onions
- Romaine Lettuce
- Local Apples
- Carrots

[Yukon Gold Potatoes \\$2.49](#)

[Spice Society Curry Powder \\$7.99](#)

[Cilantro \\$2.99](#)

[Garlic \\$2.99](#)

[Ginger \\$2.99](#)

[Jasmine Rice \\$6.99](#)

[Wild-Caught Alaskan Cod \(x 2\) \\$23.98](#)

[Pork Chops \\$9.99](#)

[Avocados \\$4.99](#)

[Unsalted Butter \\$11.99](#)

[Honey \\$9.99](#)

[Yellow Onions \\$2.99](#)

[Red Bell Pepper \\$4.99](#)

[Swamp Rabbit Cafe Cheesy Quinoa and](#)

[Vegetable Casserole \\$13.99](#)

**Total: \$142.27**

\$7.11 per meal, based on each meal serving 4

**Pantry:**

- Olive oil
- Salt
- Pepper
- Turmeric powder
- Cumin powder
- White wine
- Shallot
- Soy sauce
- Rice vinegar
- Korean chili paste
- Green onion
- Sesame oil
- White Sugar
- 1 (15 oz.) can red kidney beans,
- 1 (14.5-ounce) can diced tomatoes
- Chili powder
- Smoked paprika
- Chili powder
- Orange juice
- Soft tortillas