

Mother Earth Produce Delivery Meal Plan: Week of 1/2/2017

"A Fresh New Year!"

Wild Garlic Fettuccine with Kale Pesto and Blistered Grape Tomatoes * Pork Chops with Apples & Caramelized Onions, Hasselback Maple Pecan Sweet Potatoes * Shepherd's Pie & Local Greens Salad with Balsamic Vinaigrette * Chicken with Crimini Mushrooms, Roasted Broccoli * Pimento Cheese Stuffed Yellow Squash, Beet and Mandarin Orange Salad

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| <p>Wild Garlic Fettuccine with Kale Pesto & Blistered Grape Tomatoes</p> | <p>2 Portions Naked Pasta Wild Garlic Fettuccine (each portion serves 2) Pesto 1 Bunch Kale, washed, torn 1 tsp salt ¼ cup olive oil ¼ cup toasted walnuts 6 cloves garlic, divided ½ cup grated parmesan cheese Blistered Tomatoes 1 pint grape tomatoes 2 cloves chopped garlic 3 Tablespoons olive oil</p> | <p>Prepare pasta per instructions. In a different pot, boil salted water for kale. Place kale in water for 1 minute then remove. In a food processor or blender, combine the kale leaves, salt and pepper. Pulse 10 to 12 times, until the kale leaves are finely chopped. With the motor running, drizzle in the olive oil. Scrape down the sides of the processor. Add the walnuts and garlic and process again, then add the cheese and pulse to combine. Toss with prepared fettuccine. In a heavy skillet, heat olive oil over medium high heat. Add garlic and heat for one minute until fragrant. Add the cherry tomatoes and let sit for 2 minutes until they start to blister. Serve on top of pasta.</p> |
| <p>Local Pork Chops & Hasselback Maple Pecan Sweet Potatoes</p> | <p>Hasselback Maple Pecan Sweet Potatoes 4 sweet potatoes 2 Tbsp olive oil Salt and pepper, to taste 4 Tbsp butter, melted 2 tps ground cinnamon ½ cup chopped pecans ½ cup maple syrup 1 tsp pure vanilla extract 1 tsp salt</p> <p>Pork Chops with Apples & Caramelized Onions 2 Tbsp olive oil divided 2 Hickory Nut Gap Farm Boneless Pork Chops, cut in half to 4 oz portions Salt and pepper to taste ¾ cup chicken broth 1 tsp Dijon mustard 1 Tbsp dried sage 1 ½ tsp dried rosemary ½ tsp thyme ½ tsp salt ¼ tsp black pepper 3 apples, thinly sliced 2 onions, thinly sliced</p> | <p>Hasselback Maple Pecan Sweet Potatoes (prepare first) Preheat oven to 425. Place a sweet potato between two chopsticks for stability and knife guidance. Every ¼-inch along the length of the sweet potato, slice ¾ of the way through, or until the knife hits the chopsticks. (The chopsticks will help prevent the knife from cutting all the way through the sweet potato.) Repeat with each potato. Brush the sweet potatoes with olive oil. Place in a small baking dish and season with salt and pepper to taste. Bake the sweet potatoes for 30 to 40 minutes, or until soft. Remove the sweet potatoes from the oven, and increase the oven temperature to 450 degrees F. In a small bowl, combine the melted butter, ground cinnamon, chopped pecans, maple syrup, vanilla extract, and kosher salt. Stir to mix. Spoon the maple syrup mixture over and in between the baked sweet potato slices, pushing the pecan pieces in between each slice.</p> <p>Pork Chops with Apples and Caramelized Onions Season both sides of pork chops with salt and pepper. Add 1 Tbsp of olive oil to large heavy bottomed pan, and heat over medium high heat. Add pork chops to pan, leaving at least an inch between the chops. Sear for 3-5 minutes per side. (Chops will continue to cook in sauce later). Remove pork chops to a plate. In a small mixing bowl, whisk together chicken stock and mustard, set aside. Add remaining 1 Tbsp olive oil to pan, then add apples and onions. Cook for 4 minutes, stirring occasionally. Season with salt, pepper, sage, rosemary, thyme. Stir to combine. Pour in stock mixture, using a wooden spoon, gently scrape the bottom of the pan to release any brown bits. Slide pork chops back into pan, nestling them between the apple mixture. Cook for 2-3 minutes until pork chops are finished cooking, and cooking liquid has reduced by half.</p> |
| <p>Shepherd's Pie and Local Greens Salad</p> | <p>Shepherd's Pie from Madison Pot Pie 1 Head Local Hydro Lettuce, washed, dried and torn 1 Bunch Easter Egg Radishes, washed, sliced into ¼" rounds Bragg's Healthy Vinaigrette</p> | <p>Prepare Shepherd's Pie per package instructions. Place lettuce in serving bowl, lay slices of radish on top. Toss with Bragg's Healthy Vinaigrette.</p> |

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| <p style="text-align: center;">Chicken with Crimini Mushrooms & Roasted Broccoli</p> | <p><i>Chicken with Cremini Mushrooms</i> 2 Hickory Nut Gap Farm Chicken Breasts, cut in half salt and freshly ground black pepper 2 cups cremini mushrooms, sliced 2 tablespoons minced onion 4 tablespoons butter, divided 1 tablespoon olive oil 1 cup chicken broth 2 tablespoons grass-fed half & half 2 teaspoons dried thyme ½ lemon, zested Chopped parsley for garnish</p> <p><i>Roasted Broccoli</i> 1 bunch broccoli, washed, cut into florets and stem. Peel stem and chop into bite sized pieces 2 Tbsp olive oil Salt and pepper to taste</p> | <p><i>Chicken with Crimini Mushrooms</i> Cut each chicken breast in half horizontally (after being cut in half vertically). Pound the chicken breasts lightly with a meat mallet until about ½ inch thick. Season the breasts with kosher salt and freshly ground black pepper then melt the butter in a large skillet with half of the olive oil. Add 2 of the chicken breasts to the skillet and cook for 5-7 minutes on each side. Transfer the chicken breasts to a plate. Add 1 tablespoon of butter and the rest of the olive oil to the pan then repeat with the remaining chicken breasts. Cook and transfer to the plate with the other breasts, then cover to keep warm. Add 1 more tablespoon of the butter to the skillet and melt over medium heat. Add the mushrooms and onions to the skillet and cook for 4-5 minutes until softened, stirring often. Add the chicken broth to the skillet, bring to a boil, and reduce to half. Add the half & half, thyme and the last tablespoon of butter. Stir to combine and add the lemon zest. Serve the mushroom sauce over the chicken breasts. Garnish with chopped parsley, and additional lemon zest if desired.</p> <p><i>Roasted Broccoli</i> Preheat oven to 400 F. Prepare broccoli, and place in large mixing bowl. Drizzle with olive oil. Add salt and pepper. Mix well to cover. Pour broccoli on parchment paper lined cookie sheet. Bake for 30 minutes.</p> |
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| <p style="text-align: center;">Pimento Cheese Stuffed Yellow Squash with Beet & Mandarin Salad</p> | <p><i>Pimento Cheese Stuffed Yellow Squash</i> True South El Diablo Pimento Cheese 4 yellow squash, cut horizontally ⅓ cup panko crumbs 1 tablespoon melted butter 1 tablespoon minced fresh parsley</p> <p><i>Beet and Mandarin Orange Salad</i> 3 mandarin oranges, peeled and segmented 2 cups Blue Ridge Beets ⅓ cup Bragg's Healthy Vinaigrette</p> | <p><i>Pimento Cheese Stuffed Yellow Squash</i> Cut squash in half horizontally. Place squash in a steamer basket over boiling water. Cover and steam for 6 to 8 minutes (until tender but not soft). Let cool and then scoop out seeds and pulp using a spoon. Discard seeds. Preheat oven to 350 degrees. Place squash, cut side up on a baking sheet. Sprinkle cut sides of squash with salt and pepper. Fill each squash cavity with pimento cheese. In a small bowl, stir together panko crumbs, melted butter, and parsley. Sprinkle panko crumb mixture on top of squash. Bake for 12-15 minutes, until cheese is warm and melted. Broil for 1 to 2 minutes to lightly brown the panko crumbs.</p> <p><i>Beet & Mandarin Orange Salad</i> Combine beets, mandarin oranges in mixing bowl. Pour vinaigrette over top, and fold in dressing.</p> |
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[Shepherd's Pie from Madison Pot Pie](#)
\$17.99

- [Bunch Easter Egg Radishes \\$3.49,](#)
- [Bragg's Healthy Vinaigrette \\$6.49](#)
- [Naked Pasta Wild Garlic Fettuccine \\$3.99](#)
- [x 2](#)
- [Hickory Nut Gap Farm Boneless Pork](#)
- [Chops \\$8.99](#)
- [Hickory Nut Gap Farm Chicken Breasts](#)
- [\\$10.99](#)
- [grass-fed half & half \\$3.25](#)
- [True South El Diablo Pimento Cheese](#)
- [\\$6.99](#)
- [Blue Ridge Beets \\$8.99](#)
- [Garlic \\$2.99](#)
- [Butter 2 Lbs \\$11.99](#)
- [Lemon \\$2.99](#)

Total: \$131.13

Grocery List

[Medium Bin \\$38](#)

- Broccoli Crowns – 1 Pound– Local, Organic
- Green Kale– 1 Bunch - Local, Organic
- Grape Tomatoes – 1 Pint – Local, Organic
- Mixed Hydro Lettuce – 7-8 Ounces – Local, Organic
- Sweet Potatoes –1.25 Pounds – Local, Organic
- Mandarins – 1 Pound – CA, IPM
- Mixed Local Apples - 1 Pound - Local, IPM
- Yellow Squash - 1 Bunch - FL, Organic
- Yellow Onions - 1 Pound - GA, Organic
- Crimini Mushroom - 8 Ounces - PA, Organic

Pantry Items

- Olive oil*
- Salt*
- Pepper*
- Walnuts*
- Pecans*
- Parmesan Cheese*
- Chicken Broth*
- Dijon mustard*
- Dried thyme*
- Dried Rosemary*
- Dried Sage*
- Maple Syrup*
- Panko breadcrumbs*
- Vanilla extract*
- Cinnamon*