

**MEPD Meal Plan - Week of 1/24/2017**  
**“Chim Chimini, Chim Chimini, Chim Chimchurri!”**

Chimichurri Tri-Tip Steak with Oven Fries & Sauteed Spinach \* Southwest Stuffed Red Bell Peppers with Chopped Salad  
 \* Blueberry, Kale & Quinoa Super Salad with Autumn Bisque \* Veggie & Cheddar Frittata with Arugula Salad  
 \* 5-Cheese Ravioli with Marinara Sauce & Roasted Broccoli

<p><b>Chimichurri Tri-Tip Steak with Oven Fries &amp; Sauteed Spinach</b></p> <p><b>GF, DF</b></p>	<p><b>Ingredients:</b></p> <p><i>Steak</i>                  HNG Tri-Tip Steak                  1 Tbsp sesame seeds                  1 Tbsp smoked paprika                  2 Tbsps olive oil                  2 tsps salt                  2 tsps black pepper</p> <p><i>Chimichurri Sauce</i>                  1 bunch parsley (reserve 2 Tbsp chopped for oven fries)                  8 cloves garlic                  ¾ cup olive oil                  ¼ cup red wine vinegar                  1 lemon wedge (juiced)                  1 Tbsp diced red onion                  1 tsp dried oregano                  1 tsp black pepper                  ½ tsp salt</p> <p><i>Yukon Gold Oven Fries</i>                  4 Yukon Gold Potatoes, cut in ½ lengthwise, halves cut lengthwise into fourths to make 16 wedges                  1/3 cup olive oil                  ¾ tsp Salt                  2 Tbsp chopped parsley</p> <p><i>Sauteed Spinach</i>                  2 Tbsps olive oil                  4 cloves garlic, chopped                  1 bunch fresh spinach, washed and stemmed                  Juice of 1 lemon wedge                  ¼ tsp salt</p>	<p><b>Instructions:</b></p> <p><i>Hickory Nut Gap Farm Tri-Tip Steak</i>                  1. Trim fat from steak. Mix sesame seeds, paprika, olive oil, salt and pepper in bowl. Rub all over steak and let sit at room temperature for 30 minutes. <b>Preheat oven to 425 F.</b> Prepare Chimichurri Sauce and Potatoes during this time.</p> <p><i>Chimichurri Sauce</i>                  2. Pulse parsley in processor to chop. Add remaining ingredients to blend.  <i>*Can be made ahead of time.</i></p> <p><i>Yukon Gold Oven Fries</i>                  3. Preheat the baking sheet in the hot oven for at least 5 minutes. While the baking sheet is heating, toss the potatoes with the olive oil and salt in a large bowl. Then dump the potatoes out onto warmed baking sheet, spreading to a single later. Place on top rack and roast for 30 to 35 minutes until cooked through and crispy, flipping halfway through. Toss the fries in a big bowl in parsley and serve.</p> <p>4. Place steak in a shallow roasting pan, in the center position of the oven. Roast uncovered for 30 minutes. When meat thermometer registers 135, medium rare has been achieved. Remove from the oven and loosely cover with foil. Let the meat rest for 15 minutes. Slice against the grain and top with Chimichurri Sauce.</p> <p><i>Sauteed Spinach</i>                  5. <b>Heat oil in a heavy bottomed pan over medium heat.</b> Add garlic and cooking until beginning to brown, 1-2 minutes. Add spinach and toss to coat. Cover and cook until wilt, 3-5 minutes. Remove from the heat and add lemon juice and salt. Toss to coat and serve immediately.  <i>*Can be made while steak is resting and potatoes are finishing in the oven.</i></p>
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<p><b>Southwest Stuffed Red Bell Peppers with Cherry Tomato &amp; Avocado Chopped Salad</b></p> <p><b>GF, DF, V</b></p>	<p><b>Ingredients:</b>  <i>Southwest Stuffed Red Bell Peppers</i>  2 cups quinoa, rinsed and drained *  4 cups vegetable or chicken stock  4 red bell peppers, halved, seeds removed  Olive oil for brushing peppers  ½ cup salsa  2 tsp cumin powder  1 ½ tsp chili powder  1 ½ tsp garlic powder  15 oz. can black beans, drained and rinsed  1 cup whole kernel corn</p> <p>Optional toppings:  Shredded cheddar cheese  Avocado slices  Diced red onion</p> <p><i>*Cook 2 cups quinoa as make ahead option for Blueberry, Kale and Quinoa Salad</i></p> <p><i>Cherry Tomato &amp; Avocado Chopped Salad</i>  1 head hydro lettuce, washed, dried and torn  1 pint cherry tomatoes, washed and halved  1 avocado, pitted and sliced  Bragg's Healthy Vinaigrette</p>	<p><b>Instructions:</b>  <i>Southwest Stuffed Red Bell Peppers</i></p> <ol style="list-style-type: none"> <li>1. Add quinoa and vegetable stock to a saucepan and bring to a boil. Once boiling, reduce heat, cover and simmer for 20 minutes. Remove from heat. <i>*Put aside 2 cups of cooked quinoa for tomorrow's Blueberry, Kale &amp; Quinoa Salad</i></li> <li>2. <b>Preheat oven to 375 degrees.</b> Lightly grease a 9x13 baking dish, or rimmed baking sheet. Brush halved peppers with olive oil.</li> <li>3. Add cooked quinoa to a large mixing bowl and add salsa, cumin, chili powder, black beans and corn. Season accordingly to taste.</li> <li>4. Generously stuff halved peppers with quinoa mixture until all peppers are full then cover the dish with foil.</li> <li>5. Bake for 30 minutes then remove foil. <b>Increase heat to 400 degrees F.</b> and bake for another 15 minutes until peppers are soft and slightly golden brown.</li> <li>6. Serve with desired toppings and chopped salad.</li> </ol> <p><i>Cherry Tomato &amp; Avocado Chopped Salad</i></p> <ol style="list-style-type: none"> <li>1. Place hydro lettuce in bowl and fold in sliced cherry tomatoes. Top with avocado slices. Dress with Bragg's Healthy Vinaigrette</li> </ol>
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<p><b>Blueberry, Kale &amp; Quinoa Super Salad with Autumn Bisque</b></p> <p><b>GF, V</b></p>	<p><b>Ingredients:</b>  <i>Blueberry, Kale and Quinoa Super Salad</i>  2 cups cooked quinoa, cooled*  1 cup fresh blueberries  1 head kale, washed, dried, stemmed and shredded  ¾ cup crumbled feta  ½ cup sliced almonds  5 Tbsps Bragg's Healthy Vinaigrette  1 quart Swamp Rabbit Cafe Autumn Bisque</p> <p><i>*Utilize quinoa made ahead from Southwest Stuffed Peppers</i></p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. In a large bowl combine quinoa, blueberries, kale, feta, and almonds. Mix until well combined.</li> <li>2. Add Bragg's Vinaigrette and toss to fully coat. Season with salt and fresh ground pepper to taste</li> <li>3. Heat and serve Swamp Rabbit Cafe Autumn Bisque</li> </ol>
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<p><b>Veggie &amp; Cheese Frittata with Arugula &amp; Radish Salad</b></p>	<p><b>Ingredients:</b>  <i>Spring Onion, Potatoes, Cheddar and Dill Frittata</i>  2 Tbsp olive oil  2 Yukon Gold Potatoes, sliced into coins  6 eggs beaten  4 spring onions, finely sliced  1 bunch dill, roughly chopped  ½ cup cheddar cheese, grated</p>	<p><b>Instructions:</b>  <i>Spring Onion, Potatoes, Cheddar and Dill Frittata</i></p> <ol style="list-style-type: none"> <li>1. <b>Preheat oven to 350°F</b></li> <li>2. In a medium, oven safe non-stick frying pan, heat oil over medium heat. Add potatoes, then fry until crisp, about 8 minutes. In a mixing bowl, whisk together eggs, spring onions, dill and salt &amp; pepper.</li> </ol>
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<p><b>GF, V</b></p>	<p><i>Arugula Salad and Radish Salad</i>  1 tsp Dijon mustard  2 Tbsp fresh lemon juice  Coarse salt and ground pepper  2 Tbsp olive oil  1 bunch arugula, washed, dried and stemmed  1 bunch radishes, sliced</p>	<ol style="list-style-type: none"> <li>3. Pour egg mixture over the potatoes and top with cheddar cheese. Place in oven in center rack.</li> <li>4. Bake for 35 minutes until cooked through</li> </ol> <p><i>Arugula Salad and Radish Salad</i></p> <ol style="list-style-type: none"> <li>1. In a bowl, whisk together mustard and lemon juice; season with salt and pepper. Add arugula and radishes to bowl, and toss to coat. Serve salad immediately.</li> </ol>
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<p><b>5-Cheese Ravioli with Marinara Sauce &amp; Roasted Broccoli</b></p> <p><b>V</b></p>	<p><b>Ingredients:</b>  2 Portions of Naked Pasta Five Cheese Ravioli  16 oz. Naked Pasta Marinara Sauce  1 Lb. broccoli, chopped into florets, hard peel removed, stalk chopped  3 Tbsp olive oil  Coarse salt &amp; pepper</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. <b>Preheat oven to 400 F.</b> Place florets and peeled, chopped stalk into bowl. Drizzle with olive oil, salt and pepper and mix well. Spread onto parchment paper covered baking sheet. Bake for 20 minutes. Serve with ravioli.</li> <li>2. Boil salted water for ravioli. Cook for recommended time.</li> <li>3. Warm Marinara sauce in pan. Serve atop ravioli.</li> </ol>
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<p><b>MEPD Grocery List</b></p> <p><u>Medium Sized Produce Bin \$38</u>  Spinach  Blueberries  Broccoli  Hydro Lettuce  Yukon Gold Potatoes  Mixed Cherry Tomatoes  Green Kale  Red Bell Peppers  Spring Onions  <u>Hickory Nut Gap Farm Tri-Tip Steak \$9.99/Lb</u>  <u>Parsley \$2.99</u>  <u>Garlic \$2.99</u>  <u>Lemons \$2.99</u>  <u>Quinoa \$8.99</u>  <u>2 Red Bell Peppers \$4.99</u>  <u>Red Onion \$2.99</u>  <u>Ashe County 3 Year Cheddar Cheese \$6.99</u>  <u>Avocados \$4.99</u>  <u>Bragg's Healthy Vinaigrette \$6.49</u>  <u>Swamp Rabbit Cafe Autumn Bisque \$9.99</u>  <u>Queen Bee Pastured Eggs \$5.49</u>  <u>Arugula \$3.99</u></p>	<p><u>Naked Pasta Five Cheese Ravioli x 2 \$15.98</u>  <u>Naked Pasta Marinara Sauce \$5.99</u>  <u>Broccoli \$3.99</u></p> <p><b>Total: \$141.32</b>  <b>(\$7.06 Per Person/per Meal)</b></p>	<p><b>Pantry Items</b>  sesame seeds  smoked paprika  olive oil  salt  black pepper  red wine vinegar  dried oregano  salsa  cumin  chili powder  garlic powder  15 oz. can black beans  1 cup whole kernel frozen corn  ¾ cup crumbled feta  ½ cup sliced almonds  1 bunch dill  Dijon mustard</p>
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