

Mother Earth Produce Delivery Meal Plan: Week of 12/27/2016

“A HAPPY, HEALTHY NEW YEAR!”

*Grits and Greens Casserole and Seasonal Fruit Cobbler * Trout en Papillote with Roasted Beets, Goat Cheese and Walnuts
Thai Chicken, Zucchini, Broccoli and Tomato Panang Curry * Lemony Roasted Potatoes and Spinach with Hard Cooked Eggs
Macaroni and Cheese, Roasted Brussels Sprouts and Pear & Greens Salad with Maple Vinaigrette*

<p>Grits and Greens Casserole and Seasonal Fruit Cobbler Serves 4</p>	<p>4 slices bacon, chopped (optional) 2 teaspoons extra-virgin olive oil 1 small onion, diced 4 cloves garlic, minced 2 cups chicken broth or vegetable broth, divided ¼ teaspoon salt 1 bunch collards, stemmed and chopped 2 cups water, plus more as needed 1 cup Stone Ground Local Grits ¾ cup shredded Happy Cow Cheddar cheese, divided ¼ cup prepared salsa 1 large egg, lightly beaten Swamp Rabbit Cafe Season Fruit Cobbler</p>	<p>Preheat oven to 400°F. Grease a 8-inch-square baking dish. Place bacon (if using) in a large Dutch oven. Cook over medium heat, stirring often, until crispy, 4 to 6 minutes. Remove with a slotted spoon to a paper towel-lined plate to drain. Pour off the bacon fat. Return the pot to medium-low heat; add oil, onion and garlic and cook, stirring often, until fragrant and starting to brown in spots, 2 to 8 minutes (cooking time will be quicker if you started with bacon). Add 1 cup broth and salt; bring to a boil over high heat. Add collards; stir until wilted down to about one-third the volume and bright green, 1 to 2 minutes. Cover, reduce heat to medium-low and simmer, stirring occasionally, until tender, 18 to 20 minutes. Adjust heat during cooking to maintain a simmer, and add water, ¼ cup at a time, if the pan seems dry. Meanwhile, bring 2 cups water and the remaining 1 cup broth to a boil in a large saucepan. Pour in grits in a steady stream, whisking constantly. Bring to a simmer, whisking constantly. Reduce heat to medium-low and cook, whisking often, until thick, about 5 minutes. Combine ½ cup cheese, salsa and egg in a small bowl. Remove the grits from the heat and quickly stir in the cheese mixture until combined. Working quickly, spread about half the grits in the prepared baking dish. Top with greens, spreading evenly. Spread the remaining grits over the greens. Sprinkle with the remaining ¼ cup cheese and the reserved bacon (if using). Bake the casserole until hot and bubbling, about 20 minutes. Let stand for about 10 minutes before serving.</p> <p>*Prepare Seasonal Fruit Cobbler as instructed</p>
<p>Trout en Papillote with Roasted Beets, Goat Cheese and Walnuts (Serves 4)</p>	<p>Trout en Papillote 16 oz Sunburst Farm Trout Fillets Olive Oil Salt and Pepper to taste Lemon Rounds Chopped Parsley</p> <p>Roasted Beets, Goat Cheese and Walnuts 1 ½ cups chopped walnuts 3 large beets, top and bottom trimmed and beet greens retained 3 tablespoons olive oil 6 ounces soft goat cheese kosher salt and freshly ground black pepper to taste 6 tablespoons champagne vinegar 3 cups reserved beet greens, cut into very thin slivers</p>	<p>Trout en Papillote Preheat oven to 400 degrees. Arrange 4x4 oz. fillets in the center of parchment rectangles. Season with salt and pepper and top with lemon rounds. Drizzle with olive oil. Fold parchment closed and transfer to a rimmed baking sheet. Bake until fish is cooked through, 12 to 14 minutes. Top with chopped parsley before serving.</p> <p>Roasted Beets, Goat Cheese and Walnuts Preheat oven to 275 degrees F. Spread walnuts onto a baking sheet and toast in the preheated oven until the nuts turn golden brown and become fragrant, about 45 minutes. Watch the nuts carefully because they burn quickly. Set walnuts aside to cool to room temperature. Turn oven temperature up to 400 degrees F. Peel beet, and cut beet in half and cut halves into thick half-moon-shaped slices. Drizzle olive oil in a baking dish and brush oil over the bottom of the dish; arrange beet slices in the dish in a single layer. Crumble goat cheese into the empty spaces and over beets. Sprinkle with kosher salt and black pepper. Bake beets and cheese in oven until beet pieces are sizzling and the edges of the cheese are slightly browned, about 25 minutes. Cool slightly, about 10 minutes. Drizzle warm beet and cheese with vinegar and top with roasted walnuts, beet greens. Serve warm.</p>
<p>Thai Chicken, Zucchini, Broccoli and Tomato Panang Curry (Serves 4)</p>	<p>3 tablespoons coconut oil (or other high temperature oil) 1 lb Balsam Gardens Farm Chicken Breast, sliced crosswise, ½" thick salt and pepper to season 1 onion sliced ¼" thick 1 lb zucchini, cut into 2" by ½" sticks 1 head broccoli, chopped 1 1/2 cups cherry tomatoes 16 oz. Blue Dream Pisgah Panang Curry Sauce 2 cups Lundberg Jasmine Rice</p>	<p>Prepare rice per instructions to yield 4 servings. Separately, In a large skillet, heat 2 tablespoons of the oil. Add the chicken, season with salt and pepper and cook over high heat until just white throughout, 2 minutes. Transfer the chicken to a plate. Add the remaining oil to the skillet. Add the onion and stir-fry over moderately high heat for 2 minutes. Add the zucchini and cherry tomatoes and stir-fry for 2 minutes. Stir in the curry sauce and bring to a simmer. Add the chicken and stir for 20 seconds. Stir in the cilantro. Transfer to bowls and serve with rice.</p>

<p>Lemony Roasted Potatoes and Spinach with Hard Cooked Eggs (Serves 4)</p>	<p>1½ lbs. red potatoes, scrubbed 3 tablespoons extra-virgin olive oil, divided 1 bunch spinach ¼ cup grated parmesan pinch red pepper flakes Salt and freshly ground black pepper <i>Dressing</i> 1 tablespoon fresh lemon juice (about ½ lemon, juiced) 1 teaspoon dijon mustard 1 garlic clove, pressed or minced 4 hard-cooked eggs from Queen Bee Farms</p>	<p>Preheat oven to 425 degrees F. with racks in the middle of the oven and upper third of the oven. Slice the potatoes into ¾-inch pieces. On a large, rimmed baking sheet, toss the potatoes with 2 tablespoons olive oil and a sprinkle of salt and pepper. Bake for 30 minutes, turning halfway. Meanwhile, prepare the spinach. Slice off the ends and chop into 2- to 3-inch pieces. In a saute pan, combine the spinach with 1 tablespoon olive oil, a pinch of red pepper flakes and a sprinkle of salt and pepper and cook over medium heat until spinach starts to wilt. Add in parmesan, remove from heat. While the potatoes and finish cooking, whisk together the dressing ingredients. Transfer the potatoes and spinach to a bowl and drizzle the dressing into the bowl. Toss to mix well, then season to taste with salt and pepper. Serve immediately with sliced hard-cooked eggs as garnish.</p>
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<p>Macaroni and Cheese, Roasted Brussels Sprouts and Pear & Greens Salad with Maple Vinaigrette (Serves 4)</p>	<p>Swamp Rabbit Cafe Macaroni and Cheese 1 Lb Brussels sprouts 2 tablespoons olive oil salt and pepper to taste 8 oz local lettuce 2 pears, sliced ¼ cup maple syrup 2 tablespoons balsamic vinegar ½ teaspoon dijon mustard ¼ teaspoon salt ¼ teaspoon pepper ¼ cup olive oil</p>	<p>Preheat oven to 400 F. Wash, and halve Brussels sprouts and place in bowl. Add olive oil, salt and pepper and mix to combine. Spread Brussels sprouts on baking sheet covered with parchment paper. Bake for 20 minutes. In the meanwhile, prepare maple vinaigrette by whisking together the maple syrup, balsamic vinegar, dijon mustard, salt, pepper and olive oil in a bowl. Wash and dry lettuce. Slice pears and garnish lettuce. Dress with maple vinaigrette.</p>
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Grocery List:

[Medium Bin \\$38](#)

- [-Collard Greens, 1 Bunch, Local, Organic](#)
- [-Brussels Sprouts, 1 Pound, CA](#)
- [-Grape Tomatoes- 1 Pint, Local, Organic](#)
- [-Mixed Hydro Lettuce –Local, Organic](#)
- [-Red Potatoes – Local, Organic](#)
- [-Mandarins – 1 Pound – CA](#)
- [-Zucchini - 1 Pound - Local, Organic](#)
- [-Red Beets - 1 Bunch - Local, Organic](#)
- [-Spinach - 1 Bunch - Local, Organic](#)
- [-Broccoli - 1 Bunch - Local, Organic](#)
- [Hickory Nut Gap Farm Bacon, 1 Pound \\$9.99](#)
- [Garlic, 2 Heads \\$2.99](#)
- [Sweet Yellow Onions, 1 Pound \\$2.99](#)
- [Queen Bee Farm Dozen Eggs \\$5.49](#)
- [Happy Cow Creamery Cheddar Cheese \\$6.99](#)
- [Stone Ground Grits, 1 Pound \\$5.99](#)
- [Swamp Rabbit Cafe Seasonal Fruit Cobbler \\$12.99](#)
- [Sunburst Trout Boneless Fillets 16 oz. \\$13.99](#)
- [Balsam Gardens Chicken Breast 1 Pound \\$10.99](#)

[Blue Dream Pisgah Panang Curry Sauce](#)

- [\\$6.99](#)
 - [Lundberg Jasmine Rice \\$6.99](#)
 - [Lemons \\$2.99](#)
 - [Swamp Rabbit Cafe Macaroni and Cheese \\$11.99](#)
 - [Red Star Pears \\$3.99](#)
 - [Three Graces Dairy “Bees Knees” Goat Cheese \\$6.99](#)
- Total: \$150.65**

Pantry Items:

- Salsa
- Olive oil
- Chicken broth
- Champagne Vinegar
- Balsamic Vinegar
- Salt
- Pepper
- Walnuts
- Red pepper flakes
- Dijon mustard
- Maple Syrup