



MEPD Meal Plan - Week of 2/13/2017

"50 Shades of Green"

**Collard Wrap Tacos with Citrus Slaw * Sesame Broccoli and Shiitake Stir Fry * Potato & Zucchini Curry * Sweet Pepper Pimento Poppers *
"Madison Pot Pie" Roasted Veggie Pot Pie**

<p>Collard Wrap Tacos with Avocado Cilantro Dressing and Citrus Slaw</p> <p>GF, DF, V</p>	<p>Ingredients:</p> <p>Tacos</p> <p>8 medium collard leaves 2 cups shredded red cabbage 2 Mandarin oranges, segmented 2 scallions, chopped Juice of 1 lime, plus wedges for serving Sea salt Blue Dream Curry Marinated Korean Style Tofu or Protein of choice* 2 Tbsp high heat Oil 1 avocado cubed Chopped cilantro Avocado Dressing (see below)</p> <p>*Consider Balsam Gardens Chicken Breast, Sunburst Farm Trout, Smiling Hara Tempeh, or Hickory Nut Gap Farm Skirt Steak</p> <p>Avocado Dressing</p> <p>1 large avocado ¼ cup olive oil 1 handful fresh cilantro, chopped ½ tsp cayenne pepper 3 cloves garlic Juice of 1 lime 1 Tbsp honey 2 Tbsp apple cider vinegar ¼ cup water</p> <p>*Reserve portion of avocado dressing for Roasted Veggie Salad</p>	<p>Instructions:</p> <p>Tacos</p> <ol style="list-style-type: none"> 1. Make the avocado dressing. 2. In a medium bowl, mix together the shredded cabbage, orange segments, scallions, lime juice, and a few generous pinches of salt. Chill for at least 10 minutes, or until ready to use.. 3. Prepare a medium pot of salted boiling water and a large bowl of ice water. Dip the collard leaves one at a time into the boiling water for 10 to 20 seconds until they turn bright green. Remove and immediately immerse into the ice water to cool for about 15 seconds. Place on papers towels to dry. Repeat with the remaining collard leaves. Before assembling, trim off the coarse part of the stem. 4. Saute tofu in high heat oil to warm. (Or cook alternate protein as desired). 4. Assemble the wraps with the protein of your choice, the cabbage slaw, avocado and cilantro. Serve with additional lime wedges. <p>Avocado Dressing</p> <ol style="list-style-type: none"> 1. Add all of the ingredients to a blender or food processor and blend until creamy. You can add more water for a thinner consistency, if desired. Optimal flavor profile comes about when ingredients have had more time to merge.
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<p>Sesame Broccoli and Shiitake Stir Fry</p> <p>GF, DF, V*</p>	<p>Ingredients: Stir Fry 4 Tbsp coconut oil or high heat oil 8 oz. shiitake mushrooms, stems removed and sliced 1 head broccoli, florets chopped, stems peeled and cut into strips 4 baby bok choy, sliced vertically into quarters 2 carrots, julienned 2 Tbsp sesame seeds 1 Lb Balsam Chicken Breasts, sliced into strips* 2 cups Jasmine Rice, prepared per instructions.**</p> <p>*For Vegetarian option, conder Blue Dream Curry Marinated Tofu or Smiling Hara Tempeh</p> <p>**Each cup of uncooked Jasmine Rice yields 3 cups cooked rice. Reserve 3 cups for Potato and Zucchini Curry</p> <p>Sauce 4 Tbsp GF Tamari 4 Tbsp rice vinegar 1 Tbsp fresh lime juice 1 tsp honey 1 tsp minced ginger 2 garlic cloves, minced 1 Tbsp sesame oil</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare Jasmine Rice per instructions.* 2. Chop and prep all of your vegetables and have them ready before you start cooking. Make the sauce by stirring together the tamari, rice vinegar, lime juice, honey, ginger, garlic, and sesame oil. Set aside. 3.Heat the oil in a large skillet over medium heat. Add the shiitake mushrooms and broccoli, stir to coat then let cook 1 to 2 minutes until the mushrooms begin to soften and the broccoli begins to brown. Give the pan a good shake and stir, then add the scallions, and bok choy. Cook, stirring occasionally for another 2 minutes, until the bok choy and broccoli are tender but still vibrant. 4. Add the carrots and toss. Add the sauce, toss again. Add a squeeze of lime. Taste and adjust seasonings. Sprinkle with sesame seeds. Serve with extra lime slices and (optional) sambal or sriracha on the side. 5. Serve over Jasmine Rice <p>*Reserve 3 cups of Jasmine Rice for Potato and Zucchini Curry</p>
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<p>Potato & Zucchini Curry</p> <p>GF, DF, V</p>	<p>Ingredients: 4 zucchini, cubed 4 potatoes, peeled and cubed 2 Tbsp Spice Society Yellow Curry 1 tsp chili powder 2 tbsps sea salt 3 Tbsp coconut oil or high heat oil of choice 2 tsps minced ginger 4 tomatoes chopped 1 Tbsp honey 3 cups broth of choice 2 Tbsp fresh chopped cilantro</p> <p>*Serve with reserved Jasmine Rice</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Combine zucchini, potatoes, curry powder and salt, let sit for 5 minutes. 2. Heat oil in a large heavy skillet, sauté zucchini and potatoes over medium high heat 5 to 6 minutes until golden brown. Remove with a slotted spoon and set aside. 3. Reduce heat to low, add ginger and chili powder, and saute 2 minutes adding more oil if needed. 4. Add tomatoes, honey and broth, increase heat to medium high, add the reserved zucchini and potatoes and cook until the potatoes are done. Garnish with cilantro and serve with reserved Jasmine rice.
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<p>Sweet Pepper Pimento Poppers & Roasted Veggie Salad with Avocado Dressing</p> <p>GF, V</p>	<p>Ingredients:</p> <p>Sweet Pepper Pimento Poppers 8 mini sweet peppers, halved lengthwise and seeded 1 cup True South El Diablo Pimento Cheese Salt and pepper to taste Olive oil for basting</p> <p>Roasted Veggie Salad with Avocado Dressing 1 Lb. summer squash, washed and cut into ¼” rounds 2 sweet onions, peeled and sliced into wedges Salt and pepper to taste Olive oil for coating</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Preheat oven to 425 F. 2. Prepare squash and onions, and place in mixing bowl. Drizzle with olive oil, and sprinkle with salt and pepper. 3. Place the pepper halves on a parchment paper lined baking sheet and brush with olive oil and sprinkle with salt. 4. On separate parchment paper lined baking sheet, lay out summer squash and onions. 5. Roast peppers until the skin is blistered, about 15 minutes. Squash and onions should be readjusted on the pan, and baked for another 5-10 minutes. 6. Spoon ½ oz. of True South El Diablo Pimento Cheese in each half of pepper. Sprinkle with black pepper. Cover and refrigerate until ready to serve, or place into oven to melt cheese. 7. Place roasted squash and onions in a serving bowl, and drizzle with reserved avocado dressing.
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<p>“Madison Pot Pie” Roasted Veggie Pot Pie and Chopped Romaine Salad</p> <p>V</p>	<p>Ingredients:</p> <p>Pot Pie Madison Pot Pie Roasted Veggie Pot Pie</p> <p>Chopped Salad 1 head romaine lettuce, washed and chopped 2 roma tomatoes, washed and chopped Bragg’s Healthy Vinaigrette 4 Hard cooked eggs, peeled and quartered</p>	<p>Instructions:</p> <p>Pot Pie Prepare Roasted Veggie Pot Pie per instructions on the outer container</p> <p>Chopped Salad Assemble ingredients into serving bowl, and drizzle with Bragg’s Healthy Vinaigrette. Add salt and pepper to taste.</p>
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<p>GROCERY LISTS</p> <p>**MOTHER EARTH PRODUCE**</p> <p>Medium Bin \$38 Blackberries Romaine Collard Greens Roma Tomatoes Mini Sweet Peppers Mandarins Broccoli Zucchini Yellow Sweet Onion Red Potatoes Red Cabbage \$3.99 Avocado \$4.99</p>	<p>Cilantro \$2.99 Blue Dream Curry Tofu \$5.99 Garlic \$2.99 Shiitake \$4.99 Broccoli \$3.99 Baby Bok Choy \$3.99 Jasmine Rice \$6.99 Rainbow Carrots \$2.99 Spice Society Yellow Curry \$7.99 Ginger \$2.99 True South El Diablo Pimento Cheese \$6.99 Family Size Madison Pot Pie Roasted Veggie Pot Pie \$17.99 Bragg’s Healthy Vinaigrette \$6.49 Queen B Farm Dozen Eggs \$5.99 Balsam Garden Chicken Breast \$11.99 TOTAL: \$142.33 Price per Serving: \$7.12</p>	<p>PANTRY</p> <p>Scallions Limes Olive oil Cayenne powder Honey Apple cider vinegar Coconut oil Rice Vinegar Sesame oil Sesame seeds Broth of choice Salt Black pepper</p>
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