



MEPD Meal Plan - Week of 2/20/2017



Sequence

**Salted Ravioli Ricotta Gnocchi in a Lemon Cream Sauce with Blueberry
Mandarin Spinach Salad * Green Bean & Tomato Salad with Red Lentil Soup
Potato & Curly Kale Soup * Celery, Broccoli & Chicken Stir Fry
Chopped Salad with Bacon, Hard Cooked-Eggs & Avocado**

<p>Salted Ravioli Ricotta Gnocchi in a Lemon Cream Sauce with Blueberry Mandarin Spinach Salad</p> <p>v</p>	<p>Ingredients:</p> <p><i>Ricotta Gnocchi in a Lemon Cream Sauce</i></p> <p>1 Package Salted Ravioli Ricotta Gnocchi 1 Tbsp butter 3 cloves garlic, minced 1 Tbsp flour 1 cup half & half 3 Tbsp fresh lemon juice 1 tsp. Freshly grated lemon zest ¼ tsp. Black pepper ½ tsp. Salt 1 cup frozen peas, thawed 2 Tbsp. parmesan</p> <p><i>Blueberry Mandarin Spinach Salad</i></p> <p>1 bunch washed and dried spinach 1 pint blueberries, washed 3 Mandarin oranges, peeled and segmented Bragg's Healthy Vinaigrette</p>	<p>Instructions:</p> <p><i>Ricotta Gnocchi in a Lemon Cream Sauce</i></p> <ol style="list-style-type: none"> 1. Generously salt & boil 4 quarts of water and cook Gnocchi per package instructions, reserving some of the water. 2. Melt the butter. Add in the garlic and saute for about a minute. Whisk in the flour and let it taste in the butter for 30 seconds. Stir in the half & half, lemon juice, lemon zest, peas, salt & pepper. 3. Cook on low until thickened and creamy, about 5 minutes. Use the gnocchi water to adjust the thickness of the sauce if desired. 4. Toss the cooked gnocchi with the sauce and add parmesan. <p><i>Blueberry Mandarin Spinach Salad</i></p> <ol style="list-style-type: none"> 1. In a bowl, toss the spinach, blueberries and orange sections 2. Dress with Bragg's Healthy Vinaigrette. 3. Serve immediately.
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V = Vegetarian
 GF = Gluten Free
 DF= Dairy Free

<p>Green Bean and Tomato Salad & Swamp Rabbit Cafe Red Lentil Soup</p> <p>*GF, **DF, V</p>	<p>Ingredients:</p> <p>1 Pound Green Beans 1 Pound Cherry Tomatoes ½ Red Onion, diced 2 Tbsp. Red Wine Vinegar Salt and pepper ½ cup olive oil 6 basil leaves, cut into chiffonade (optional) 1 quart Swamp Rabbit Cafe Red Lentil Soup</p> <p>½ Flat Rock Bakery Ciabatta loaf, sliced *substitute GF Parker House Rolls **Ciabatta loaf contains butter, omit for DF</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Warm soup in stock pot on the stove. 2. Snap off ends of green beans. Cook until tender in salted, boiling water. Drain and immediately spread them out on a sheet pan or plate to cool. 3. Half cherry tomatoes. In a mixing bowl, stir together red onion, red wine vinegar, salt, pepper and olive oil. 4. Toss the cherry tomatoes and green beans in vinaigrette. Adjust seasonings if desired. Gently toss in basil if desired. 4. Serve soup and salad. Serve Ciabatta Bread from Flat Village Bakery as a pairing.
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<p>Yukon Gold Potato & Curly Kale Soup with Flat Bread Bakery Ciabatta</p> <p>*GF, **DF, ***V</p>	<p>Ingredients:</p> <p>1 bunch Curly Red Kale ¼ cup olive oil 2 Red Onions, sliced thin 1 Lb. Yukon Gold Potatoes (peeled and cubed) 4 garlic cloves, chopped Large pinch of salt 6 cups chicken broth or broth of choice 1 lb. Hickory Nut Gap Farm Bacon ½ Flat Rock Bakery Ciabatta loaf, sliced *substitute GF Parker House Rolls **Ciabatta loaf contains butter, omit for DF ***omit for vegetarian option</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. Line sheet pan with parchment paper, and lay out bacon. Bake until crisp, approx 28-30 minutes. 2. Remove tough stems, then wash, and coarsely chop kale. 3. In a heavy soup pot, heat ¼ cup olive oil, and add onions. Cook over medium heat, stirring occasionally, until soft, tender, and slightly browned (approx 12 minutes). 4. When the onions are cooked, stir in garlic. Cook the garlic for a couple of minutes, then add the potatoes and chopped kale. Stir, then add a large pinch of salt. Cook for 5 minutes, stirring occasionally. 6. Pour in 6 cups of broth. Raise the heat, bring to a boil, then immediately reduce heat to a simmer and cook for 30 minutes, or until the kale and potatoes are tender. Taste the soup and add more salt if necessary. 7. Serve and garnish with chopped bacon and sliced Ciabatta bread. Reserve some crumbled bacon for chopped salad.
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<p>Celery, Broccoli & Chicken Stir Fry</p> <p>GF, DF, V*</p>	<p>Ingredients:</p> <p>1 pound Balsam Gardens chicken breast* 1 large Queen Bee pastured egg- egg white only 1 Tbsp. cornstarch 1 tsp Salt ¼ tsp Pepper 2-3 Tbsp. coconut oil 1 pound celery, thinly sliced on the diagonal 3 inch piece of ginger root, peeled and slivered lengthwise 1 jalapeno pepper, red or green slivered lengthwise (ribs and seeds removed for less heat, if desired. Pro tip- wear gloves to avoid chemical burn) 3 Tbsp. rice vinegar 1 Tbsp. toasted sesame oil 1 Tbsp honey 4 scallions, cut into 3 inch lengths 2 cups Lundberg Farms Jasmine Rice, prepared per instructions</p> <p>*Substitute No Evil Foods “The Prepper” for vegetarian option.</p>	<p>Instructions:</p> <p>1. Cut chicken into thin strips, 2.5-3 inches long. In a medium bowl, whisk together egg white, cornstarch, salt & pepper until smooth. Add chicken strips and toss to coat.</p> <p>2. Heat 1 Tbsp. coconut oil in a large heavy bottomed skillet or wok over medium high heat. Add half of coated chicken strips to skillet; cook, turning once, until golden brown, about 5 minutes. Transfer to a plate. Add another Tbsp. coconut oil to skillet, and brown remaining chicken in same manner.</p> <p>3. Add celery, ginger, and jalapeno to remaining oil in skillet (add additional oil, if necessary); cook tossing until celery is crisp-tender, 4-5 minutes.</p> <p>4. Stir vinegar, sesame oil, and honey in with vegetables. Add scallions and cooked chicken; toss until combined and heated through, 1-2 minutes. Serve immediately with Jasmine Rice.</p>
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<p>Chopped Salad with Bacon, Hard Cooked-Eggs & Avocado with Herbed Focaccia</p> <p>GF, DF</p>	<p>Ingredients:</p> <p><i>Salad</i></p> <p>1 head Hydro lettuce, washed and torn 8 Queen Bee Eggs Reserved bacon crumbles 2 avocado, peeled, pitted and sliced Bragg’s Healthy Vinaigrette</p> <p><i>Herbed Focaccia</i></p> <p>Eat More Bakery Herbed Focaccia Olive Oil and Balsamic Vinegar for dipping</p>	<p>Instructions:</p> <p><i>Salad</i></p> <p>1. Place eggs in a pot and cover with cold water by 1 inch. Bring to a boil over medium-high heat, then cover, remove from the heat and set aside 8 to 10 minutes. Drain, cool in ice water and peel.</p> <p>2. In a large serving bowl, place lettuce and bacon crumbles. Toss with Bragg’s Healthy Vinaigrette.</p> <p>3. Quarter hard-cooked eggs and place on top, along with avocado slices.</p> <p>3. Distribute evenly onto 4 plates.</p> <p><i>Herbed Focaccia</i></p> <p>1. Slice Eat More Bakery Herbed Focaccia into strips lengthwise. Toast.</p> <p>2. Prepare serving bowl with 1/3 cup olive oil, and 2 Tbsp. balsamic vinegar. Add salt and pepper if desired. Dip focaccia into olive oil and balsamic.</p>
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MEPD Shopping List	Cnt'd..	Pantry
<p><u>Medium Box \$38</u> <i>Green beans</i> <i>Grape tomatoes</i> <i>Blueberries</i> <i>Red Curly kale</i> <i>Hydro lettuce</i> <i>2.5 lbs yukon gold Potatoes</i> <i>Mandarins</i> <i>Red onions</i> <i>Celery</i> <i>Broccoli</i> <u>Salted Ravioli Ricotta Gnocchi \$6.99</u> <u>Garlic \$2.99</u> <u>Whole Country Half & Half \$3.25</u> <u>Lemons \$2.99</u> <u>Spinach \$4.99</u> <u>Swamp Rabbit Cafe Red Lentil Soup \$8.99</u> <u>Bragg's Health Vinaigrette \$6.49</u> <u>Hickory Nut Gap Farm Bacon \$9.99</u> <u>Queen B Pastured Eggs \$5.99</u> <u>Balsam Gardens Chicken Breast \$11.99</u> <u>Flat Rock Bakery Ciabatta Loaf \$5.49</u> <u>Ginger \$2.99</u></p>	<p><u>Eat More Bakery Herbed Focaccia \$6.99</u> <u>Lundberg Farms Jasmine Rice \$6.99</u> <u>Avocados \$3.99</u> Total: \$129.11 \$6.45/serving</p>	<p>Butter (Try our 2lb Happy Cow rolls out of Greenville, SC!)</p> <p>Flour Cornstarch Frozen peas Scallions Jalapeno Honey (Try our local wildflower honey!)</p> <p>2 quarts (8 cups) stock of choice (Try our "No-Bone" Nourishing Veggie Broth!)</p> <p>OILS Toasted sesame oil Coconut oil Olive oil</p> <p>VINEGARS Balsamic vinegar Red wine vinegar Rice wine vinegar</p> <p>SEASONING Black pepper Salt</p>