



MEPD Meal Plan - Week of 2-27-2017

“Raable Raable”

Broccoli Raab and Egg Pizza with Mandarin & Olive Salad * Butternut Squash, Apple, Walnut & Spinach Salad * Brussels Sprouts & Red Potato Gratin * Slow Cooker Moroccan Chicken Stew * Sausage & Peppers with Penne

Broccoli Raab and Egg Pizza with Mandarin & Olive Salad

GF*, DF, V**

Ingredients:

Broccoli Raab and Egg Pizza

1 bunch Broccoli Raab
 3 Tbsp. olive oil, divided
 3 cloves of garlic, chopped
 ¼ medium onion, diced
 1 tsp. Red pepper flakes
 2 pizza dough balls, or 2 pizza crusts of choice*
 2 cups Ashe County Mozzarella cheese, shredded*
 4 Queen B eggs

*Consider a GF Crust.

**Consider a DF shredded cheese substitute

Mandarin & Olive Salad

4-6 Mandarin oranges, peeled and segmented
 1 small onion, sliced in thin strips
 20 small black olives

Dressing

2 Tbsp. Mandarin orange juice
 1 tsp red wine vinegar
 Salt and fresh ground pepper
 2 Tbsp olive oil

Instructions:

Broccoli Rabe and Egg Pizza

1. Cut off and discard the tough ends of the broccoli raab. Cut the rest into 2 inch pieces, rinse, and drain well.
2. Heat 1 Tbsp. of olive oil in a large skillet, add the garlic and onions and cook over low heat, stirring occasionally, until golden brown.
3. Add broccoli raab and pepper flakes to the skillet, season with salt and pepper, and cook, covered, over medium to low heat for 5-10 minutes, turning occasionally until stalks are al dente. Reserve.
4. Prepare pizza crusts per instructions.
5. **Heat oven to 450 F.** Spread 1 Tbsp of olive oil on each pizza, top with ½ cup of cheese and broccoli raab. Crack 2 eggs on top of each pizza, being careful to not break the yolks. Season with salt and pepper. Bake for 6-8 minutes (follow crust instructions/watch for golden brown) and serve.

Mandarin & Olive Salad

1. Remove the peel and segment Mandarin oranges
2. Slice red onion into thin strips.
3. Make vinaigrette by mixing together 2 Tbsp Mandarin juice, 1 tsp red wine vinegar, salt and fresh ground pepper to taste. Adjust with more salt and vinegar as needed.
4. Scatter the onion slices over the oranges and spoon the vinaigrette over. Split into 4 bowls. Garnish with 5 small black olives per person.

Roasted Butternut Squash, Apple, Pomegranate and Spinach Salad

GF, DF*, V

Ingredients:

1 butternut squash- peeled, seeded and cut into bite-sized pieces
 2 Tbsp. olive oil
 1 tsp salt
 1 bunch washed and stemmed spinach
 2 Cameo apples, cored and diced
 ½ cup prepared Balsamic Vinaigrette
 6 oz. Three Graces Farm Goat Cheese*
 ¼ cup walnuts, toasted and chopped
 ¼ cup pomegranate seeds

*Omit for DF

Instructions:

1. Preheat oven to 400 F. Line a baking sheet with a silicone baking mat or parchment paper.
2. In a bowl, toss the squash with the olive oil and salt. Arrange the squash in a single layer on the prepared sheet. Bake for 20 minutes, until the squash is lightly browned. Remove from the oven and let cool for 10 minutes.
3. In a salad bowl, toss together the spinach, apples, and Balsamic vinaigrette. Top with the goat cheese, squash, walnuts, and pomegranate seeds before serving.

Slow Cooker Moroccan Chicken Stew

GF*, DF, V**

Ingredients:

4 carrots, peeled and sliced
 2 large onions, peeled and thinly sliced
 2 Lbs. diced Balsam Gardens chicken breast*
 ½ tsp salt
 ½ cup raisins
 ½ cup coarsely chopped apricots
 2 cups chicken broth
 2 Tbsp. tomato paste
 2 Tbsp. flour (*or GF flour)
 2 Tbsp lemon juice
 2 garlic cloves, minced
 1.5 tsps ground cumin
 1.5 tsps ground ginger
 1 tsp ground cinnamon
 2 cups Jasmine Rice prepared per instructions

**Consider No Evil Foods “The Prepper” chicken-esque roast for V option (Note that this is not Gluten Free).

Instructions:

1. In a 5- to 6-quart slow cooker place carrots and onions.
2. Sprinkle chicken with 1/2 teaspoon salt.
3. Add to cooker; top chicken with raisins and apricots.
4. In bowl whisk broth, tomato paste, flour, lemon juice, garlic, cumin, ginger, cinnamon and the ground black pepper.
5. Add to cooker.
6. Cover; cook on low-heat setting for 6-1/2 to 7 hours (or on high-heat setting for 3-1/2 to 4 hours).
7. Serve in bowls with Jasmine Rice

Brussels Sprouts and Red Potato Gratin

GF, V

Ingredients:

1.25 pound red potatoes, sliced into ¼” rounds
 1 pound Brussels Sprouts, sliced in half lengthwise
 1 clove garlic, minced
 1 Tbsp. butter for greasing pan
 Salt and pepper to taste
 ¾ cup Wholesome Country Creamery Half & Half
 1 cup shredded Happy Cow Creamery Baby Swiss

Instructions:

1. Preheat oven to 400 degrees F. Rub the inside of an 8- by 11-inch baking pan with the minced garlic and then grease well with the butter.
2. In a pan of salted water, cook the potatoes until just tender. Check using the tip of a knife. If it pierces the potato easily, they are done. Drain well.
3. Layer the cooked potatoes and the halved Brussels sprouts, seasoning well with salt and pepper. Pour half & half evenly over the top of the vegetables and sprinkle the cheese on top.
4. Bake for 20 minutes, or until golden and bubbly.

Sausage & Peppers with Penne

GF*, DF, V*

Ingredients:

1 pound Balsam Gardens Italian Sausage
 2 Tbsp olive oil
 Mini Sweet Peppers, seeded, sliced and cut into strips
 4 garlic cloves, minced
 1 large sweet onion, sliced into ¼ inch half moons
 1 15 oz. can crushed tomatoes
 1 Tbsp. dried oregano
 ½ cup Marsala wine, or red wine (optional)
 ½ tsp red pepper flake
 Salt to taste
 Penne Pasta* prepared per instructions

*Consider Tinkyada GF Penne Pasta

Instructions:

1. Heat the olive oil over medium heat in a large pan that has a lid. When the oil is hot, add the sausages and brown them slowly. Cook for several minutes, turning occasionally so they brown on all sides. When browned, remove from the pan and set aside.
2. Increase the heat to medium high and add the onions and peppers., approximately 4 minutes. Toss so they get coated with the oil in the pan and sear them as well as you can, stirring every so often. Lower heat to medium and add garlic. Cook and stir for 2 minutes.
3. Add the Marsala or red wine if using, and with a wooden spoon, scrape the bottom of the pan to release all the browned and blackened bits. Let the wine cook down by half.
4. Add the tomatoes, oregano, and red pepper flakes and stir well to combine. Add the sausages back in. Bring to a simmer then reduce the heat to low. Cover and simmer until the peppers are soft and cooked through, about 20 minutes.
5. Prepare penne pasta as instructed. Serve sausage and peppers over penne.

MEPD Shopping List

Medium Bin \$38

Savoy Spinach
Broccoli Raab
Mini Sweet Peppers
Hydro Lettuce
Yellow Sweet Onions
Mandarins
Red Potatoes
Carrots
Brussels Sprouts
Cameo Apples

Add on Produce:

Organic Garlic \$2.99
Butternut Squash \$5.99
Lemons \$2.99

Dairy/Eggs

Happy Cow Creamery Mozzarella Cheese \$6.49
Queen B Eggs \$5.99
Half & half \$3.25
Happy Cow Creamery Baby Swiss \$6.99
Three Graces Dairy Goat Cheese Plain \$6.99

Meats/proteins

2 Lbs. Balsam Gardens Chicken Breast \$24
1 pound Balsam Gardens Italian Sausage \$8.99

Pantry

Bionaturae Penne Pasta \$3.99

Total: \$116.66

Price per serving: \$5.83

Pantry List

Oils/Fats

Olive Oil
Happy Cow Creamery Unsalted Butter

Vinegars

Red wine vinegar
Balsamic Vinaigrette

Spices

Red pepper flakes
Salt
Pepper
Ground cumin
Ground ginger
Ground cinnamon
Oregano

Nuts/Fruit

Walnuts
Pomegranate
Raisins
Apricots

Canned

15 oz can crushed tomatoes
Tomato paste

Baking

Flour
2 Pizza Crusts of Choice

Other

Black olives
Chicken broth
Marsala or Red wine (optional)

Supplies

Parchment Paper