



**Meal Plan coordinates with the contents of our weekly Medium Produce Bin and includes five 4-serving recipes. We hope you enjoy! [Join our Meal Plan Think Tank here.](#)*

GF = Gluten Free V = Vegetarian

DF= Dairy Free

Meal Plan Week of 3-13-2017 - "The Tipping Point"

Grass Fed Tri Tip Steak & Purple Potato Salad with Radish and Chives

Carrot Lentil Ginger Soup with Jasmine Rice

Yellow Squash Gratin & Strawberry Salad

Swiss Chard Frittata with Buttermilk Biscuits

Spinach & Roasted Garlic Ravioli with Vodka Sauce + Red Lettuce & Balsamic Onion Salad

Grass Fed Tri Tip Steak & Purple Potato Salad with Radish and Chives GF, DF	
<p>Ingredients:</p> <p><i>Tri Tip Steak*</i> Hickory Nut Gap Farm Tri-Tip Steak Steak Rub (your choice) Salt Freshly ground pepper *Best if marinated for at least 6 hours, or overnight</p> <p><i>Salad</i> 2.5 pounds purple potatoes 2 Tbsp. Salt (for water) 2 bunches radishes, thinly sliced 1 cup chopped parsley ½ cup finely chopped chives Freshly ground pepper</p> <p><i>Dressing:</i> ¾ cup raw cashews 6 Tbsp hemp seeds ¾ cup water 3 Tbsp olive oil 3 Tbsp apple cider vinegar 1 tsp Italian seasoning 2 tsp dried dill</p>	<p>Instructions:</p> <p><i>Tri Tip Steak</i></p> <ol style="list-style-type: none"> 1. Prepare steak by rubbing with steak rub of choice. Season with salt and pepper. Marinate for at least 6 hours or overnight if possible. 2. Preheat the oven to 450°F. Lay the roast in the pan with the fatty side up so the juices will baste the roast naturally while cooking. Cook for 12 to 25 minutes per pound of tri-tip, depending on how well-done you want the roast. When the temperature between 130 to 135 degrees is medium rare. <p><i>Purple Potato Salad</i></p> <ol style="list-style-type: none"> 1. Place the whole purple potatoes in a salted pot of water. Bring to a boil and cook for 15 minutes. 2. Once cooked, place onto a plate to cool, then cut into chunks for the salad. Place the potato chunks into a large bowl, and add the remaining salad ingredients. 3. To make the dressing, add all the ingredients, except dill, to a high powered blender and blend until ultra smooth and creamy. Taste and add more seasoning if necessary. Add the dried dill and turn the blender to low speed for a few seconds to incorporate. Pour dressing over the salad and gently toss together. Cover and refrigerate until ready to serve.

Carrot Lentil Ginger Soup with Jasmine Rice

DF, V

Ingredients:

Jasmine Rice, prepared per instructions
2 cups red lentils, rinsed
6 cups water
1 tsp turmeric
1 tsp ground cumin
¼ tsp cayenne pepper
4 Tbsp coconut oil
1 Tbsp finely chopped fresh ginger
1 Tbsp brown mustard seeds
1 large onion, diced
4 carrots, sliced into coins
2 tsps sea salt
2 cups diced tomatoes

1 fresh baked Rhu baguette

Instructions:

1. Prepare the rice.
2. Separately, add lentils to a 6 quart pot along with the water, turmeric, cumin and cayenne. Cover and simmer over medium heat for about 30 minutes.
3. While the lentils are cooking, heat a large skillet over medium high heat. Add the oil, then add ginger and mustard seeds, saute for 20-30 seconds. Add the onions, carrots, and salt; saute for 10-12 minutes or until the onions are very soft and beginnings to change color. Add tomatoes and saute for 2 minutes more. Add onion-tomato-carrot mixture, scraping the bottom of the pan to get all the spices out, into the pot of cooked lentils; simmer for 10-15 minutes more.
4. Label soup over rice and serve with sliced baguette.

Yellow Squash Gratin & Strawberry Balsamic Salad

GF, DF*, V

Ingredients:

Yellow Squash Gratin

6 medium yellow squash, sliced thin
10 basil sprigs, cut into chiffonade
Salt
Fresh ground pepper
1 cup half & half

Strawberry Balsamic Salad

1 bunch washed, dried and stemmed spinach
1 pint strawberries, washed and sliced
Bee's Knees Goat Cheese
Sliced almonds
Balsamic dressing

Instructions:

Yellow Squash Gratin

1. **Preheat oven to 375°F.** Arrange a layer of squash in a medium sized baking dish. Aim for 3 layers. Sprinkle with the basil chiffonade, salt and pepper. Repeat with remaining layers. Pour in half & half.
2. Bake into bubbling and browned on top, about 1 hour. For even browning, press the squash down with a spatula once or twice while gratin is cooking.

**For non-dairy version, saute 1 onion, sliced, in olive oil, until soft, about 10 minutes. Season with sliced garlic, salt and the basil and other herbs. Place the onions in the bottom of the gratin and layer on the squash. Drizzle with olive oil. Cover with a piece of parchment paper, press the squash down with a spatula and bake until tender and lightly browned on top.*

Strawberry Balsamic Salad

Divide spinach between 4 serving plates, and top with almonds, strawberries, and goat cheese. Drizzle dressing over top.

Swiss Chard Frittata & Rhu Bakery Buttermilk Biscuits

GF*, V

Ingredients:

1 bunch of chard, washed, stemmed, and chopped
1 yellow onion, peeled and sliced thin
Salt
3 Tbsp olive oil + 2 tsp divided
Black pepper
Pinch of cayenne
4 cloves garlic, chopped
6 eggs, whipped
4 Rhu Bakery Buttermilk Biscuits*

**GF -Consider Eat More Bakery Buttermilk Biscuits*

Instructions:

1. Heat 1 Tbsp olive oil in heavy bottomed pan. Add onion & garlic, and cook for 5 minutes, then add chard, season with cayenne & black pepper, and cook until wilted. Set contents on pan on a plate.
2. Preheat a 10 inch heavy or non-stick saute pan over medium heat. Add 2 Tbsp of olive oil.
3. Squeeze chard with hands to remove extra liquid. Place chard in eggs. Pour the egg mixture in the preheated pan. As the eggs set on the bottom, lift the edges and allow the uncooked egg to flow underneath. Continue to cook until mostly set. Invert a plate on top of the pan; turn the plate upside down and turn out the frittata onto the plate. Pour in 2 tsp olive oil into the pan. Slide the frittata back in the pan. Cook for 2-3 minutes.
4. Slide onto plate and serve warm with Rhu Bakery Buttermilk Biscuits.

Spinach and Roasted Garlic Ravioli with Vodka Sauce & Red Lettuce Salad & Balsamic Onion Salad

V

Ingredients:

Ravioli

Rio Bertolini Spinach & Roasted Garlic Ravioli
Rio Bertolini Vodka Sauce

Red Lettuce Salad

1 yellow onion
1/8th cup plus 2 tablespoons balsamic vinegar
1/2 cup olive oil
¾ tsp salt, divided
½ tsp freshly ground black pepper, divided
3 Tbsp minced shallot
1 tsp Dijon mustard
1/8 cup red wine vinegar
1 heads red-leaf, washed, spun dry, and torn into pieces

Instructions:

Ravioli

Prepare Rio Bertolini Spinach & Roasted Garlic Ravioli per instructions. Warm vodka sauce in stock pot.

Red Lettuce Salad

1. **Preheat the oven to 375°F.**
2. Cut the onions in 1/2 and slice 1/4-inch thick, place on a baking sheet and toss with: 1/8 cup balsamic vinegar, 1/4 cup olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper. Bake for 12 to 15 minutes, until the onions are tender.
3. Remove from oven and toss with 1 more tablespoon balsamic vinegar and cool to room temperature.
4. Whisk together the shallots, mustard, red wine vinegar, 1/2 teaspoon salt and 1/4 teaspoon pepper in a small bowl. While whisking, add 3/8 cup olive oil until emulsified.
5. To assemble, toss enough lettuce for 4 people with dressing, to taste. Place the lettuce on 4 plates and arrange the onions on top. Sprinkle with salt and pepper and serve.

MEPD Shopping List

Produce:

[Medium Sized Bin \\$38](#)

Includes:

Savoy Spinach – 5 Ounces – Local, Organic
Slicer Tomatoes – 2 Pieces - Local, Organic
Purple Sweet Potatoes – 2.5 Pounds – Local, Organic
Yellow Squash – 1 Pound – FL, Organic
Red Lettuce – 1 Head – FL, Organic
Carrots – 1 Bunch – CA, Organic
Strawberries - 1 Pound -CA, Organic
Rainbow Chard -1 Bunch - FL, Organic
Sweet Yellow Onions - 1 Pound - GA, Organic
Navel Oranges - 3 Pieces - FL, Organic

Add-On Produce:

[Garlic \\$2.99](#)

[Parsley \\$2.99](#)

[Red Radishes x 2 \\$5.98](#)

[Ginger \\$2.99](#)

[Yellow Squash \\$3.99](#)

Meat:

[Hickory Nut Gap Farm Tri-Tip Steak \\$9.99](#)

Eggs/Dairy:

[Queen B Pastured Eggs \\$5.99](#)

[Three Graces Dairy "Bee's Knees" Goat Cheese \\$6.99](#)

[Half & Half \\$3.25](#)

Pantry:

[Jasmine Rice \\$6.99](#)

Bakery:

[4 Rhu Bakery Buttermilk Biscuits \\$5.99](#)

[1 Rhu fresh baked Baguette - 3.99](#)

Prepared:

[Rio Bertolini Spinach & Roasted Garlic Ravioli x2 \\$15.98](#)

[Rio Bertolini Vodka Sauce \\$5.99](#)

Total: \$122.10

Price Per Serving: \$6.11

Pantry

Oils/Fats:

Olive oil
Coconut oil

Vinegar:

Balsamic vinegar
Apple Cider Vinegar
Red Wine vinegar

Herbs/Spices:

Salt
Pepper
Steak Rub
Cayenne
Turmeric
Mustard seeds
Cumin
Italian seasoning
Dried dill

Condiments:

Dijon mustard
Balsamic Vinaigrette

Nuts/Seeds/Beans:

Cashews
Hemp seeds
Sliced almonds
Red lentils

Produce:

Chives
Shallots
Fresh basil