



*\*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 3-27-2017 - "The Cure"**

**Angel Hair Pasta with Vodka Sauce**

**Cider Cured Pork Chops, Roasted Rutabagas & Green Beans**

**Green Tacos**

**Mandarin Salmon with Baby Bok Choy**

**Pear, Blue Cheese, and Arugula Pizza & Hydro Chopped Salad**

### **Angel Hair Pasta with Tomato Basil Sauce & Roasted Broccoli**

**DF, V**

#### **Ingredients:**

2 portions Rio Bertolini Angel Hair Pasta  
2 pints Rio Bertolini Tomato Basil Sauce  
1 bunch broccoli  
2 Tbsp olive oil  
Salt & pepper to taste

#### **Instructions:**

1. **Preheat oven to 400°F.**
2. Prepare broccoli for roasting by chopping into florets, peeling the stalk, and chopping into bite sized pieces. In a bowl, toss broccoli with olive oil, salt and pepper. Spread broccoli onto parchment paper lined baking sheet, and place in oven. Cook for 20 minutes.
3. Prepare Angel Hair Pasta per instructions.
4. Warm Tomato Basil Sauce on stove.
5. Gently toss the sauce into the pasta after draining cooking water. Serve with roasted broccoli.



## Cider-Cured Pork Chops, Roasted Rutabagas & Green Beans

**GF, DF**

### Ingredients:

#### *Cider-Cured Pork Chops*

6 Tbsp. sea salt  
2 Tbsp. freshly ground black pepper  
3 cups apple cider  
4 pork chops  
4 Tbsp. extra-virgin olive oil

#### *Roasted Rutabagas*

1.25 pounds rutabagas, peeled and cut into 3/4-inch cubes  
2 Tbsp. extra-virgin olive oil  
1 Tbsp. pure maple syrup  
1 tsp. coarse salt  
1/4 tsp. cayenne pepper

#### *Green Beans*

1 Lb. green beans, washed and stemmed  
2 Tbsp. olive oil  
1 garlic clove, minced  
Salt & pepper to taste

### Instructions:

#### Cider-Cured Pork Chops

1. To make the brine, dissolve the salt in 1/2 gallon of warm water in a large bowl. Add the pepper, pour in the apple cider and mix. Drop the pork chops into the brine and add enough additional apple cider so that the chops lurk in the liquid like frogs in a pond. **Cover and refrigerate for at least 8 hours and up to 72.**
2. **To prepare the chops, preheat oven to 400°F.** Remove chops from brine and dry with paper towels. Rub them with 2 Tbsp. of the olive oil and season well with salt and black pepper.
3. Heat the remaining olive oil in an oven-safe skillet and brown the chops, 4 minutes per side. Place skillet in oven for 6 to 8 minutes and then remove chops to a warm platter. Cover loosely with foil and allow them to rest for about 10 minutes.

#### *Roasted Rutabagas*

1. **Preheat oven to 400°F**
2. In a large bowl, combine rutabagas, oil, maple syrup, salt, and cayenne; toss until well combined. Spread rutabagas in a single layer on a large baking sheet. Roast, tossing occasionally, until rutabagas are tender and dark golden, about 40 minutes.

#### *Green Beans*

1. Prepare green beans and bring a pot of water to a boil. Add green beans to boiling water and boil for 4-5 minutes, ensuring they don't change color and lose their crispness.
2. Drain green beans and add to an ice bath. Drain and set aside until ready to saute.
3. Heat a saucepan or skillet on medium heat with olive oil for at least 3 minutes. Add garlic and cook for 60 seconds. Add green beans and cook for 3-5 minutes. Season with salt & pepper.

## Green Tacos - GF, V

### Ingredients:

4 Tbsp. olive oil  
3 small sweet potatoes, peeled, grated  
2 garlic clove, finely chopped  
1 bunch green kale, ribs and stems removed, torn into bite-size pieces  
2 Tbsp. fresh lime juice  
Kosher salt, freshly ground pepper  
8 corn tortillas, warmed  
2 avocado, thinly sliced  
½ cup crumbled goat cheese

### Instructions:

1. Heat oil in a saucepan over medium heat. Cook sweet potato and garlic, stirring often, until potato is tender and just beginning to brown, 8–10 minutes. Add kale and cook, tossing often, until kale is wilted and tender, 8–10 minutes. Add lime juice and season with salt and pepper.
2. Serve sweet potato and kale mixture on tortillas, topped with avocado and goat cheese.

## Citrus Baked Salmon with Baby Bok Choy

**GF, DF**

### Ingredients:

#### *Citrus Baked Salmon*

8 slices fresh lemon  
8 slices fresh mandarin orange  
4 salmon fillets  
Sea salt and freshly ground black pepper  
2 Tbsp. freshly chopped dill  
2 Tbsp. sun-dried tomatoes in oil, plus 1 tablespoon oil from jar  
2/3 cup white wine

#### *Baby Bok Choy*

1 Lb. baby bok choy  
1 clove garlic, minced  
olive oil  
soy sauce (tamari for gluten free)  
sesame oil  
sesame seeds

### Instructions:

#### *Citrus Baked Salmon*

1. **Preheat the oven to 375°F**
2. In a large 9 x 13 shallow baking dish, place 2 lemon slices with 2 orange slices side by side so you'll end up with 4 groups. Each salmon fillet will have its own bed of citrus. Season each fillet with salt and pepper then place each salmon fillet over the slices of lemon and orange. In a small bowl mix the dill, sun-dried tomatoes, and tomato oil. Divide mixture on top of the salmon fillet, then drizzle with the wine. Place the baking dish in the oven and cook for 8 to 10 minutes.

#### *Baby Bok Choy*

1. Wash and cut the ends off the baby bok choy and then cut each bunch in half. Heat olive oil in a pan over medium-high heat. Add garlic, cook for 1 minute and add bok choy.
2. Saute for a couple of minutes. Add a splash of sesame oil and soy sauce. Sprinkle with sesame seeds. Serve with Citrus Baked Salmon.

## Pear, Blue Cheese, and Arugula Pizza & Hydro Chopped Salad

**V**

### Ingredients:

#### *Pizza*

1 Rio Bertolini NY Style Pizza Dough Ball  
2 Pears, washed and sliced  
1 bunch arugula, washed, stemmed and chopped  
3 oz. blue cheese crumbles  
8 oz. shredded Mozzarella  
3 cloves garlic, minced  
3 Tbsp olive oil

#### *Salad*

1 bunch hydro lettuce, washed, dried and torn  
2 cucumbers seeded and cut into slices  
2 slicer tomatoes, cut into wedges

### Instructions:

#### *Pizza*

1. Prepare pizza crust per instructions. Roll out to desired shape on top of pizza stone, or parchment paper lined baking sheet. Preheat oven to 400.
2. Spread oil on top of pizza crust, and sprinkle with minced garlic.
3. Layer with arugula, pear slices, and shredded mozzarella. Top with blue cheese crumbles.
4. Bake for 12 minutes.

#### *Salad*

1. Assemble ingredients in large serving bowl. Gently toss together, and drizzle with dressing of choice.

## MEPD Shopping List

### Produce:

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

Includes:

Slicer Tomatoes – 2 Pieces – Local, Organic  
Green Kale – 1 Bunch - Local, Organic  
Murasaki Sweet Potatoes – 2.5 Pounds – Local, Organic  
Green Beans – 1 Pound – FL, Organic  
Mixed Hydro Lettuce – 6-7 Ounce – Local, Organic  
Gold Nugget Mandarins – 6 Pieces – FL, IPM  
Blackberries - 1 Pint - MX, Organic  
Rutabaga - 1.25 Pound - Local, Organic  
Baby Bok Choy - 1 Pound - FL, Organic

### Add-On Produce:

[Broccoli \\$3.99](#)

[Lemons \\$2.99](#)

[Arugula \\$3.99](#)

[Garlic \\$2.99](#)

[Pears \\$4.49](#)

[Cucumbers \\$3.99](#)

[Avocados \\$4.99](#)

### Meat:

[2 pounds salmon \\$29.98](#)

[4 Pork Chops \\$19.98](#)

### Eggs/Dairy:

[Three Graces Dairy Plain Jane Goat Cheese \\$6.99](#)

[Happy Cow Creamery Mozzarella Cheese \\$6.99](#)

### Prepared:

[Rio Bertolini Pizza Dough \\$2.99](#)

[Rio Bertolini Angel Hair Pasta x 2 \\$6.98](#)

[Rio Bertolini Tomato Basil Sauce x 2 \\$11.98](#)

**Total: \$151.32**

**Price Per Serving: \$7.56**

## Pantry

### Oils/Fats:

Olive oil  
Sesame oil

### Vinegar:

Apple Cider Vinegar

### Herbs/Spices:

Salt  
Pepper  
Fresh dill  
Cayenne pepper

### Condiments:

Maple syrup  
Sun-dried tomatoes in oil  
Soy or Tamari Sauce

### Nuts/Seeds/Beans:

Sesame seeds

### Produce:

Limes for juice

### Bakery:

Corn tortillas

### Libations:

Dry white wine

### Dairy:

Blue cheese crumbles