



**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 3-3-2017

Kale & Goat Cheese Frittata with Roasted Fingerling Potatoes

Zucchini with Quinoa Stuffing & Spinach Salad with Blackberry Vinaigrette

Crimini Mushroom & Caramelized Onion Pizza

Carrot Soup & Green Bean Almondine with Flat Rock Bakery Ciabatta

Four Cheese Manicotti & Mediterranean Chopped Salad

Kale & Goat Cheese Frittata with Roasted Fingerling Potatoes GF, V, DF*

Ingredients:

1.25 pounds French Fingerling Potatoes, halved or quartered
4 Tbsp. olive oil
Kosher salt and pepper
1 small yellow onion, chopped
3 cloves garlic, minced
1 bunch kale, stems discarded, leaves torn into ½ inch pieces
8 eggs, beaten
6 oz. Three Graces Dairy Garlic & Herb Goat Cheese*
Hot Sauce (if desired)

**Omit for DF*

Instructions:

1. **Heat oven to 400° F.** Toss the potatoes, 3 tablespoons of the oil, and ¼ teaspoon each salt and pepper on 2 rimmed baking sheets. Roast, tossing once, until golden brown and cooked through, 15 to 18 minutes.
2. Meanwhile, heat the remaining tablespoon of oil in a medium ovenproof nonstick skillet over medium-high heat. Add the onion, garlic, and ¼ teaspoon each salt and pepper and cook, stirring occasionally, until golden brown, 8 to 10 minutes.
3. Add as much kale to the skillet as will fit. Cook, tossing and adding more kale when there is room, until tender, 5 to 7 minutes. Remove from heat. Stir in the eggs and goat cheese. Transfer the skillet to oven. Bake until almost set, 6 to 8 minutes. Switch oven to broil and broil until golden brown and set, 1 to 2 minutes.
4. Serve the frittata with the potatoes. Drizzle the potatoes with the hot sauce (if desired).

Zucchini with Quinoa Stuffing & Mixed Green Salad with Blackberry Vinaigrette

GF, V

Ingredients:

Zucchini with Quinoa Stuffing

1 cup quinoa, rinsed
 1 lb. zucchini
 1 15-ounce can cannellini beans, rinsed
 3 tomatoes on the vine, diced
 1 cup almonds, chopped (about 2 ounces)
 2 cloves garlic, chopped
 ¾ cup grated Parmesan (3 ounces)*
 4 tablespoons olive oil

*Omit for DF

Mixed Green Salad with Blackberry Vinaigrette

1 bunch mixed hydro lettuce, washed and stemmed
 1 cup ripe blackberries
 1 Tbsp. honey
 2 Tbsp. balsamic vinegar
 2 Tbsp. olive oil
 ¼ tsp. salt
 ½ tsp. dijon mustard

Instructions:

Zucchini with Quinoa Stuffing

1. **Preheat oven to 400° F.** In a saucepan, combine the quinoa and 2 cups water and bring to a boil. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water is absorbed, 12 to 15 minutes.
2. Meanwhile, cut the zucchini in half lengthwise and scoop out the seeds. Arrange in a large baking dish, cut-side up.
3. Fluff the quinoa and fold in the beans, tomatoes, almonds, garlic, ½ cup of the Parmesan, and 3 tablespoons of the oil.
4. Spoon the mixture into the zucchini. Top with the remaining tablespoon of oil and ¼ cup Parmesan. Cover with foil and bake until the zucchini is tender, 25 to 30 minutes. Remove the foil and bake until golden, 8 to 10 minutes.

Mixed Green Salad with Blackberry Vinaigrette

1. Add all ingredients to a food processor or blender and mix well. If dressing is too thick, you can thin it with a few drops of water.
2. Drizzle dressing over mixed greens and serve.

Crimini Mushroom & Caramelized Onion Pizza

GF*, V

Ingredients:

7 tablespoons butter, divided
 2 tablespoons plus 1 teaspoon olive oil
 3 red onions, halved lengthwise, thinly sliced crosswise (about 6 cups)
 2 pounds crimini mushrooms cut into bite-size pieces
 6 garlic cloves, minced
 2 red onions, diced
 2 cups dry white wine
 1 tablespoon minced fresh rosemary
 2 Rio Bertolini New York Style Pizza Dough Crusts*
 10 oz. Happy Cow Creamery Mozzarella Cheese, shredded

*Use GF pizza crusts

Instructions:

1. Melt 3 tablespoons butter with 2 tablespoons olive oil in heavy large skillet over medium-low heat. Reduce heat to low, add onions and sauté until golden, about 45 minutes. Season with salt and pepper.
2. Melt remaining 4 tablespoons butter with 1 teaspoon olive oil another heavy large skillet over medium-high heat. Add mushrooms and garlic). Sauté 4 minutes. Add wine and simmer until almost all liquid is absorbed, stirring frequently, about 13 minutes. Add rosemary; season with salt and pepper.
3. **Preheat oven to 400°F at least 30 minutes before baking.** Roll out 2 dough disks on lightly floured surface to desired thickness, allowing dough to rest a few minutes if it springs back. Place sheet of parchment paper on baking sheet. Transfer dough rounds to baking sheet. Lightly brush dough with garlic oil. Sprinkle each crust with ½ of shredded mozzarella cheese. Scatter ½ of onions over cheese. Scatter 1/2 of mushrooms over onions. Sprinkle with salt.
4. Bake pizzas 6 minutes. Rotate pizzas half a turn. Bake until crust is deep brown, about 6 minutes longer. Using large spatula, carefully transfer pizzas to cutting board. Let rest 1 minute. Slice into wedges and serve.

Carrot Soup & Green Bean Almondine with Flat Rock Bakery Ciabatta GF*, V

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| <p>Ingredients:</p> <p><i>Carrot Soup</i> 4 Tbsp. butter 2 yellow onions, diced 1 thyme sprig 2 bunches carrots, peeled and coined Salt to taste 6 cups broth of choice</p> <p><i>Green Bean Almondine</i> 1 pound green beans, trimmed 1 Tbsp. olive oil 1 Tbsp. butter Salt Toasted slivered or sliced almonds, for garnish</p> <p><i>Flat Rock Bakery Rock Bakery Ciabatta Loaf*</i> Olive oil, brushed on top of sliced bread</p> <p>*Consider Eat More Bakery Parker House Rolls for GF</p> | <p>Instructions:</p> <p><i>Carrot Soup</i></p> <ol style="list-style-type: none"> 1. Melt butter in heavy-bottomed pot. 2. Add onions and thyme, and cook over medium heat until tender, about 10 minutes. 3. Add carrots to pan, and season with salt. Cook for 5 minutes. Cooking the carrots and onions for a while builds up flavor. 4. Add 6 cups of broth. Bring to a boil, lower the heat and simmer until the carrots are tender, about 30 minutes. When done, season with salt to taste, and puree if desired. <p><i>Green Bean Almondine</i></p> <ol style="list-style-type: none"> 1. Cook green beans 5 minutes in 1-inch boiling water, covered. Drain beans and return pan to heat. 2. Add oil and butter pat to the pan. Toss beans in oil and melted butter. Season beans with a little salt and transfer to a serving plate. 3. Garnish green beans with toasted slivered or sliced almonds. <p><i>Flat Rock Bakery Rock Bakery Ciabatta Loaf</i></p> <ol style="list-style-type: none"> 1. Preheat oven to broil. 2. Slice Ciabatta loaf. Lay on baking sheet. Brush on olive oil 3. Broil until slightly browned. Remove from oven and serve with Carrot Soup and Green Bean Almondine. |
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Four Cheese Manicotti & Mediterranean Chopped Salad V

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| <p>Ingredients:</p> <p><i>Four Cheese Manicotti</i> Rio Bertolini Four Cheese Manicotti, prepared per instructions</p> <p><i>Mediterranean Chopped Salad</i> 1 pint grape tomatoes, halved 1 cup diced cucumber ¼ cup scallions ¼ cup chopped parsley ¼ cup kalamata olives, coarsely chopped ½ cup Bragg's Healthy Vinaigrette Fresh ground black pepper to taste</p> | <p>Instructions:</p> <p><i>Four Cheese Manicotti</i></p> <ol style="list-style-type: none"> 1. Prepare manicotti per instructions. <p><i>Mediterranean Chopped Salad</i></p> <ol style="list-style-type: none"> 1. While manicotti is baking, combine tomatoes, cucumber, scallions, parsley, olives, Bragg's Healthy Vinaigrette, and pepper in a medium bowl; toss gently to mix. Serve within 1 hour. |
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| <p>MEPD Shopping List</p> <p>Produce:</p> | <p>Pantry</p> <p>Oils/Fats:</p> |
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Medium Sized Bin \$38

Includes:

Blackberries – 1 Pint – MX, Organic
Green Kale– 1 Bunch - Local, Organic
Green Beans – 1 Pound – FL, Organic
Fancy Zucchini – 1 Pound – FL, Organic
Mixed Hydro Lettuce –6-7 Ounces – Local, Organic
Carrots – 1 Bunch – CA, Organic
French Fingerling Potatoes - 1.25 Pound - GA, Organic
Tomato-on-Vine - -1 Pound - FL, Organic
Red Onions - 1 Pound - GA, Organic
Navel Oranges - 3 Pieces - FL, Organic
Crimini Mushrooms - 8 Ounces - PA, Organic

Add-On Produce:

[Sweet Yellow Onions \\$2.99](#)
[Garlic \\$2.99](#)
[1 bunch carrots \\$2.99](#)
[1 pint grape tomatoes \\$4.99](#)
[Cucumber \\$3.99](#)
[Parsley \\$2.99](#)
[1.5 pounds Crimini mushrooms \\$14.97](#)

Eggs/Dairy:

[Queen B Pastured Eggs \\$5.99](#)
[Three Graces Dairy Garlic and Herbs Goat Cheese \\$6.99](#)
[Happy Cow Creamery Mozzarella \\$6.49](#)

Pantry:

[Alter Eco Rainbow Quinoa \\$8.99](#)
[Bragg’s Healthy Vinaigrette \\$6.49](#)

Bakery:

[Flat Rock Bakery Ciabatta \\$5.49](#)

Prepared:

[Rio Bertolini Manicotti \\$11.99](#)
[2 Rio Bertolini NY Style Pizza Dough Crusts \\$5.98](#)

Total: \$132.32
Price Per Serving: \$6.61

Olive oil
Butter

Vinegar:

Balsamic vinegar

Herbs/Spices:

Salt
Pepper
Fresh rosemary

Condiments:

Hot sauce
Dijon mustard
Kalamata Olives
Honey

Nuts/Seeds/Beans:

15 oz. cannellini beans
Almonds

Dairy:

Shredded parmesan

Produce:

Scallions

Grocery:

6 cups stock of choice

Spirits:

Dry white wine