



**Meal Plan coordinates with the contents of our weekly Medium Produce Bin and includes five 4-serving recipes (and special holiday menus). We hope you enjoy!*

[Join our Meal Plan Think Tank here.](#)

GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 4-10-2017 - "Happy Easter!"

Easter Dinner

Slow Roasted Pork
Shoulder
Yukon Gold Gratin
Garlicky Green Beans
Spinach Spring Salad
Sweet Potato Brioche

Easter Brunch

Asparagus Egg Salad
with Croissants
Strawberry,
Mandarin Salad

Beyond

Chicken Curry with
Carrots and Turnips
Roasted Veggie Pot Pie
Romaine Greek Salad

Easter Dinner:

**Slow Roasted Pork Shoulder, Yukon Gold Gratin, Garlicky Green Beans,
Spinach Spring Salad, Sweet Potato Brioche**

Ingredients:

Slow Roasted Pork Shoulder

1 3-lb boneless Hickory Nut
Gap Pork Shoulder), skin
removed but fat cap intact
1 tsp coriander powder
¼ cup kosher salt
¼ cup packed brown sugar
3 cloves garlic, grated or
very finely minced
2 Tbsp olive oil

Instructions:

Slow Roasted Pork Shoulder

1. Instructions:
2. With a sharp knife, score a ¾"-wide crosshatch pattern into the fat cap of the pork (you want to cut through the fat to expose the meat but not through the meat itself).
3. Combine coriander powder, garlic, salt, and sugar. Massage the mixture all over the pork. **Wrap tightly in plastic wrap and refrigerate overnight, at least 12 hours.**
4. Heat olive oil large skillet over medium high heat. Brown all sides of pork shoulder.
5. **Preheat oven to 325°F.** Pat pork dry with paper towels and brush off any big clumps of the rub. Place pork (fat cap up) in a roasting rack set inside a roasting pan. Add 3 cups water to the bottom pan and roast 2 hours. (If the top is getting too dark, loosely tent with foil).
6. After 2 hours, baste the pork with pan juices and continue cooking, basting every hour, until the meat is fork-tender, approximately 2-2.5 more hours . Allow pork to rest at least 20 minutes before serving.

<p><i>Yukon Gold Gratin</i> Butter to grease the baking dish 2-1/2 cups Happy Cow Creamery Half & Half 1-1/2 tsp. salt 1/4 tsp. ground black pepper 2.5 Lbs. Yukon Gold potatoes, peeled and sliced very thin 1.5 cups shredded Happy Cow Creamery Five-Year Aged White Cheddar</p> <p><i>Garlicky Green Beans</i> 1 pound fresh green beans, trimmed and snapped in half 3 Tbsp. butter 3 cloves garlic, minced 2 pinches pepper salt to taste</p> <p><i>Spinach Spring Salad</i> 1 hydro lettuce, washed and chopped 4 sliced radishes ¼ cup parsley, chopped 2 Tbsp chopped chives 4 oz. Three Graces Dairy Bee's Knees Goat Cheese, fork crumbled Reserved Champagne Vinaigrette (see brunch)</p> <p><i>Sweet Potato Brioche</i> Loaf of Sweet Potato Brioche *GF Option available from the Rhu Bakery</p>	<p><i>Yukon Gold Gratin</i></p> <ol style="list-style-type: none"> Preheat the oven to 325°F. Grease an 8-inch (or 2-quart) baking dish with butter. In a mixing bowl with a pouring spout (or large liquid measuring cup), whisk together the half & half, salt and pepper. Arrange some of the potato slices, edges overlapping, in a single layer on the bottom of the prepared baking dish. Sprinkle 1/4 of the cheese over the potatoes and pour 1/4 of the half & half mixture over top. Repeat with the remaining potatoes, cheese and half & half mixture, forming 4 layers. Place in the oven and bake, uncovered, for about an 1.25 hours, or until the potatoes are tender when pierced with a knife and golden brown on top. Let the dish settle and cool for about ten minutes before serving. <p><i>Garlicky Green Beans</i></p> <ol style="list-style-type: none"> Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water. Add butter to green beans; cook and stir until butter is melted, 2 to 3 minutes. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with pepper and salt. <p><i>Spinach Spring Salad</i></p> <ol style="list-style-type: none"> Combine lettuce, radishes, ¼ cup parsley leaves, and chives in a large bowl. Toss salad with dressing and top with goat cheese.
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Brunch:

Asparagus Egg Salad with Croissants Strawberry and Mandarin Salad

Ingredients:

Asparagus Egg Salad with Croissants

1 pound medium-size asparagus
6 hard-cooked eggs, coarsely chopped
2 Tbsp. coarsely chopped fresh dill leaves
1/3 cup mayonnaise
1 tsp. Dijon mustard
Coarse salt and black pepper
4 Croissants

Strawberry and Mandarin Salad

1 bunch fresh spinach
2 pound strawberries, cut into thirds
3 mandarin oranges, peeled and segmented
2 fresh kiwi, sliced in quarters
2 tsp. Dijon Mustard
4 Tbsp. Champagne vinegar
6 Tbsp olive oil
1.5 tsp sea salt

Instructions:

Asparagus Egg Salad with Croissants

1. Cut the tips from the asparagus (about 1 inch long). You should have about 1 cup.
2. Bring a small pot of salted water to a boil. Add the asparagus tips and cook until they are just tender, 2 to 3 minutes. Drain, rinse under cold running water, and drain again. Pat the tips dry and set them aside.
3. Place the chopped eggs in a bowl and season them lightly with salt and pepper. Toss with the dill.
4. Combine the mustard and the mayo in a small bowl, and fold this mixture into the eggs. Then gently fold in the asparagus tips. Serve immediately in croissants, or cover and refrigerate for up to 4 hours before serving.

Strawberry and Mandarin Salad

1. Combine spinach, strawberries, oranges, kiwi in a large bowl.
2. Combine Champagne vinegar, olive oil, and sea salt. Reserve half of dressing for Spinach Spring Salad.
3. Toss salad with dressing and top with goat cheese.

Beyond:

Chicken Curry with Carrots and Turnips Roasted Veggie Pot Pie & Romaine Greek Salad

Ingredients:

Chicken Curry with Carrots and Turnips

2 Chicken breasts, chopped
1 onion, chopped
2 turnips, chopped
1 bunch carrots, chopped
½ bunch cilantro, chopped
1 Pint Blue Dream Curry House Yellow Curry Sauce
2 cups Jasmine Rice

Instructions:

Chicken Curry with Carrots and Turnips

1. Prepare 2 cups Jasmine Rice per instructions.
2. Heat a Dutch oven or saucepan over medium-high heat.
3. Pour in Blue Dream Curry House Yellow Curry Sauce. Once it's simmering, add in onions and saute until softened, approximately 3 minutes.
4. Fold in chicken and turnips. Cover and bring to a boil.
5. Once boiling, add in carrots and simmer covered for 10 to 15 minutes until turnips and carrots are cooked through.
6. Remove from heat.

<p><i>Pot Pie</i> Madison County Pot Pie Roasted Veggie Pot Pie</p> <p><i>Romaine Greek Salad</i> 1 medium onion, halved and sliced thinly 1 pint of cherry tomatoes, haved 1 cucumber, peeled and cut into chunks 1 green bell pepper, seeded and sliced ½ cup pitted and halved Kalamata olives 6 oz. feta cheese Bragg’s Healthy Vinaigrette</p>	<p>7. Enjoy over rice with chopped cilantro.</p> <p>Pot Pie</p> <ol style="list-style-type: none"> 1. Prepare pot pie per instructions <p>Romaine Greek Salad</p> <ol style="list-style-type: none"> 1. In a bowl, toss the tomatoes, cucumbers, and enough of the dressing to coat the vegetables well. Arrange in a high mound on a serving platter. 2. Top with the olives, feta. Serve.
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<p>MEPD Shopping List</p> <p>Produce: Medium Sized Bin \$38 Includes: Asparagus – 1 Pound – Local, IPM Spinach – 5 Ounces - Local, Organic Yukon Gold Potatoes – 2.5 Pounds – GA, Organic Gold Nugget Mandarin – 3 Pieces – FL, IPM Romaine Lettuce – 1 Bunch – FL, Organic Sweet Yellow Onion – 1 Pound – GA, Organic Cherry Tomatoes - 1 Pint - FL, Organic Hakurei Turnips - 1 Bunch - Local, Organic Strawberries - 1 Pound - Local, Organic</p> <p>Add-On Produce: Garlic \$2.99 Hydro Lettuce \$4.99 Parsley \$2.99 Radishes \$2.99 Kiwi \$2.99 Cucumber \$3.99 Green bell pepper \$3.99 carrots \$2.99 Cilantro \$2.99</p> <p>Dairy: Half & Half x 2 \$6.50 Happy Cow Creamery Aged White Cheddar \$7.99 Three Graces Dairy Bee’s Knees Goat Cheese \$6.99 Queen B Eggs \$5.99</p> <p>Bakery: The Rhu Sweet Potato Brioche \$5.99 The Rhu Croissants \$9.98</p> <p>Meat: Pork Shoulder Roast \$22.47</p>	<p>Pantry</p> <p>Oils/Fats: Olive oil Butter</p> <p>Vinegar: Champagne vinegar</p> <p>Herbs/Spices: Salt Pepper Coriander Brown sugar Fresh dill</p> <p>Condiments: Dijon Mustard Mayonaise Kalamata Olives</p> <p>Produce: Fresh dill Chives</p> <p>Dairy: Feta</p>
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[Chicken Breasts \\$11.99](#)

Grocery:

[Jasmine Rice \\$6.99](#)

[Bragg's Healthy Vinaigrette \\$6.99](#)

Prepared:

[Madison County Pot Pie Roasted Veggie Pot Pie \\$17.99](#)

[Blue Dream Curry House Yellow Curry \\$6.99](#)

Total: \$185.77 (9.29/serving)