



**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 4-17-2017

Veggie Nicoise Salad

Sweet Potato and Kale Pizza

Sauteed Yellow Squash & Blistered Tomato Penne with Vodka Sauce

Balsamic Blackberry Glazed Pork Chops and Roasted Asparagus

Sweet Daisy Bake Shop Broccoli Cheddar Quiche and French Carrot Salad

Veggie Nicoise Salad

GF, DF, V

Ingredients:

Salad:

1.5 Lbs Fingerling potatoes
 2 cups green beans, trimmed
 1 head hydro lettuce, chopped
 1 cup pitted Nicoise, green or kalamata olives
 1 cup sliced grape tomatoes

Chickpeas:

2 15-ounce cans chickpeas
 2 tsp. dijon mustard
 2 tsp. maple syrup
 2 tsp. dried dill
 Pinch sea salt
 2 Tbsp. roasted unsalted sunflower seeds
 Bragg's Healthy Vinaigrette

Instructions:

- 1.** Add potatoes to a small saucepan and add warm water until just covered. Bring to a boil over high heat, then reduce heat slightly to medium / medium-high until the water is at a low boil. Cook uncovered for 10-12 minutes, or until completely tender and when picked up with a knife they slide off easily. Then drain thoroughly and let cool on a cutting board. Once slightly cooled, slice into 1/4-inch slices. Set aside.
- 2.** While potatoes are cooking, fill a medium saucepan halfway with water and bring to a boil. Then add green beans and boil for 2-4 minutes, or until bright green in color and only slightly tender - they should still have slight crunch when bitten. While they're cooking, fill a large mixing bowl with ice water. Once the green beans are done cooking, drain thoroughly and immediately add to the ice water to stop the cooking process. Drain and pat dry - set aside.
- 3.** Add drained, rinsed chickpeas to a small mixing bowl, along with sea salt, mustard, maple syrup, dill, and sunflower seeds. Stir to combine and mash a few chickpeas to create texture. Set aside.
- 4.** To serve, divide lettuce between 4 large serving bowls or plates and top with chickpeas, green beans, potatoes, olives and tomatoes. Serve with dressing.

Sweet Potato and Kale Pizza

GF*, V

Ingredients:

1 medium sweet potato, peeled and cut into 1/2-inch cubes
1.5 Tbsp. olive oil, divided
1/4 teaspoon crushed red pepper flakes
1 bunch kale, stemmed and torn into bite-size pieces
1/4 cup crumbled Three Graces Dairy Goat Cheese
2 tablespoons shredded Parmesan
1 tablespoon crushed walnuts
1 Rio Bertolini New York Style Pizza Crust*
*GF option: Use GF prepared crust

Instructions:

1. **Heat oven to 425°F.**
2. Boil a large pot of water. Cook potato in water until fork-tender, 7 to 10 minutes. Remove from heat, drain and let cool 5 minutes.
3. In a food processor, pulse potato, 1 tablespoon oil, red pepper and a pinch of salt until sauce is smooth.
4. Roll out dough until 1/4 inch thick. Spread potato sauce evenly over dough.
5. Toss kale in remaining 1/2 tablespoon oil; top pizza with goat cheese, kale and Parmesan.
6. Bake until crust is golden, 10 to 15 minutes, sprinkle on walnuts in final 2 minutes.

Sauteed Yellow Squash & Blistered Tomato Penne and Vodka Sauce

GF*, V

Ingredients:

½ pound Bionaturae Penne Rigate Pasta
1 cup cherry tomatoes
3 medium yellow squash, quartered vertically and then sliced into ¼-inch wide wedges
2 Tbsp. olive oil
Salt and freshly ground black pepper, to taste
1 pint Rio Bertolini Vodka Sauce

*GF Option: Use Tinkyada Gluten-Free Penne Pasta

Instructions:

1. **Preheat oven to 400°F** and line a large, rimmed baking sheet with parchment paper for easy cleanup. On the baking sheet, toss the whole cherry tomatoes and sliced zucchini and squash with 2 tablespoons olive oil. Sprinkle with salt and pepper and arrange in a single layer (or as close to a single layer as possible). Roast for about 25 minutes, tossing halfway, until the cherry tomatoes have burst and the squash is tender.
2. Meanwhile, bring a pot of salted water to boil and cook the pasta until al dente, according to package directions. Drain the pasta and return it to the pot.
3. While the pasta is hot, add the Rio Bertolini Vodka Sauce.
4. Once the tomatoes and squash are out of the oven, add them to the pot along with all of the tomato juices. Gently toss once again to combine. Season to taste with salt and freshly ground pepper, and divide into individual serving bowls. Serve immediately.

Balsamic & Blackberry Glazed Pork Chops with Roasted Asparagus
DF, GF

Ingredients:

Grilled Pork Chops

4 boneless pork chops
salt and pepper
1/3 cup olive oil
1/4 cup balsamic vinegar

Balsamic & Blackberry Glaze

3/4 cup blackberries
1/4 cup olive oil
2 Tbsp. balsamic vinegar
1 tsp. ground cinnamon
1/4 tsp. crushed red pepper

Roasted Asparagus

1 Lb. Asparagus
3 Tbsp. olive oil
1 tsp. sea salt
1/2 tsp. ground black pepper

Instructions:

Pork Chops

1. Sprinkle the pork chops with salt and pepper. Whisk together the olive oil and balsamic vinegar (a simple marinade). Pour the marinade over the pork chops and toss to coat. Allow the pork chops to rest and marinate for at least 30 minutes.
2. For the glaze, mash the blackberries with a fork. Add the olive oil, balsamic glaze, cinnamon and red pepper. Whisk together.
3. Heat the grill and brush with oil if sticking is a concern. Remove the pork chops from the marinade and place on the hot grill. Discard the marinade. Cook the pork chops for 7 to 9 minutes on each side, brushing with the glaze while cooking. Serve extra glaze on cooked pork chops.

Roasted Asparagus

1. **Preheat an oven to 425°F.**
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with salt and pepper. Arrange the asparagus onto a baking sheet in a single layer.
3. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness.

Sweet Daisy Bake Shop Broccoli Cheddar Quiche & French Carrot Salad - V

Ingredients:

Quiche

Sweet Daisy Bake Shop Broccoli Cheddar Quiche

French Carrot Salad

1 bunch carrots
1 tsp. Dijon mustard
3 Tbsp. lemon juice
¼ cup of olive oil
1 tsp. Honey
½ tsp. cumin seeds, toasted
½ tsp. fennel seeds, toasted
1 bunch radishes, sliced thin
3 Tbsp. chopped parsley

Instructions:

Quiche

1. Prepare quiche per instructions

Carrot Salad

1. Grate 1 bunch carrots, large grate. Place in medium sized mixing bowl.
2. Thinly slice radishes, chop parsley, and lightly toast cumin and fennel seeds. Place in bowl with carrots.
3. Prepare a vinaigrette with the Dijon mustard, olive oil and honey. Whisk to combine.
4. Drizzle vinaigrette on top of the carrot mixture, and fold into combine. Serve with quiche.

MEPD Shopping List

Produce:

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

Includes:

Asparagus - 1 Pound - Local, IPM - Watsonia Farm
Blackberries - 1 Pint - MX, Organic - Southern Specialty Source
Green Kale - 1 Bunch - Local, Organic - Cottle Farm
Fingerling Potatoes - 1.5 Pound - GA, Organic - Crosset Organic
Mixed Hydro Lettuce - 6-7 Ounces - Local, Organic - Sunburst Farm
Yellow Squash - 1 Pound - FL, Organic - Lady Moon Farm
Carrots - 1 Bunch - CA, Organic - Crosset Organics
Gold Nugget Mandarin - 2 Pounds - Local, Organic - Ivy Creek Family Farm
Grape Tomatoes - 1 Pint - Local, Organic - New Sprout Farm

Add-On Produce:

[Green Beans \\$3.99](#)

[Sweet potatoes \\$2.99](#)

[Radishes \\$3.99](#)

[Parsley \\$2.99](#)

Meat:

[2 Lbs. Pork Chops \\$19.98](#)

Grocery:

[Bragg's Healthy Vinaigrette \\$6.49](#)

[Bionaturae Penne Pasta \\$3.99](#)

Dairy:

[3 Graces Dairy Goat Cheese \\$6.99](#)

Prepared:

[Rio Bertolini NY Style Pizza Crust \\$2.99](#)

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

[Sweet Daisy's Bake Shop Cheddar Broccoli Quiche \\$14.99](#)

Total: \$113.38

Price Per Serving: \$5.66

Pantry

Oils/Fats:

Olive oil

Vinegar:

Balsamic Vinegar

Herbs/Spices:

Salt

Pepper

Dried dill

Crushed red pepper flakes

Ground cinnamon

Cumin seeds

Fennel seeds

Condiments:

Maple syrup

honey

Nuts/Seeds/Beans:

Sunflower seeds

Walnuts

Grocery:

2 15 oz. cans chickpeas

Dairy:

parmesan