



*\*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 4-24-2017**

### **Spring Panzanella**

**Strawberry Balsamic Pizza & Mixed Lettuce Salad**

**Potato and Spring Onion Soup & Green Bean Salad**

**Coriander Roasted Chicken With Chickpea and Avocado Salad**

**Madison Pot Pie ~ Shepherd's Pie**

### **Spring Panzanella**

**GF\*, DF, V**

#### **Ingredients:**

1 lb loaf of Rhu Bakery Multigrain Loaf, cut into 1-inch cubes  
 4 cloves garlic, chopped  
 1 yellow onion, chopped  
 1 tablespoon fresh thyme  
 2 tsp. of salt  
 1/4 cup extra-virgin olive oil  
 1 bunch asparagus, cut into segments  
 2 cups peas, fresh or frozen  
 1 bag spinach  
 1/4 cup small basil leaves

\*GF- Use GF Seeded Grain Loaf

#### **Instructions:**

1. In a large bowl toss the bread with the garlic, onion, thyme, salt and olive oil. Turn the bread out onto a baking sheet and toast in a 350 degree oven for about 15 minutes - or until they are nice and golden and crunchy.
2. In a cold skillet pour in a splash of olive oil, a splash of water, and salt. Dial up the heat and when the water starts to bubble stir in the asparagus. Cover, wait about twenty seconds, now add the peas. Cover, wait a few seconds, now add the spinach. Cover and cook just a few more seconds until the spinach starts to collapse just a bit.
3. Put the bread cubes in a large bowl. Pour the asparagus and peas and all the pan juices over the top of the bread.
4. Give it a good toss, add the basil leaves and toss again. Serve the salad family-style on a big platter.

## Strawberry Balsamic Pizza & Mixed Lettuce Salad GF\*, V

### Ingredients:

#### *Pizza*

1 Rio Bertolini prepared whole wheat pizza dough\*  
 1 1/2 cups (6 ounces) shredded Ashe County Mozzarella  
 6 ounces Three Graces Dairy Bee's Knees Goat Cheese  
 1 pound chopped strawberries, leafy ends removed and sliced into 1/4-inch thick rounds  
 1 tablespoon fresh basil, chiffonade into short little strips  
 freshly ground black pepper

#### *Balsamic reduction*

1/2 cup balsamic vinegar  
 2 tablespoons honey

#### *Mixed Greens*

\*GF Version: Use Prepared GF Crust

### Instructions:

1. Preheat your oven to 350 degrees Fahrenheit.\* Roll out your pizza dough into a 12 to 14-inch round on a floured surface. Top the pizza dough with the shredded mozzarella, big crumbles of goat cheese, and strawberries. Bake on a lightly oiled baking sheet (or on a pizza stone, if you have one) until the cheese is bubbling and golden and the crust is crisp underneath, about 35 to 40 minutes.
2. Meanwhile, make the balsamic reduction. In a small saucepan, combine the vinegar and honey. Gently simmer the mixture on medium-low heat until it is reduced in volume by half (this should take about 10 to 15 minutes) and set aside. Reserve some balsamic reduction for mixed greens salad.
3. Once the pizza is done baking, top it with a sprinkle of basil and freshly ground black pepper. Slice it and use a spoon to lightly drizzle balsamic vinegar on top.
4. Place washed and dried mixed greens in salad bowl. Drizzle with remainder of balsamic reduction.

## Potato and Spring Onion Soup & Green Bean Salad GF, DF, V

### *Potato and Spring Onion Soup*

2 bunches spring onions, trimmed  
 4 tbsp. olive oil  
 1 medium yellow onion, peeled and coarsely chopped  
 1.5 pounds fingerling potatoes, peeled and halved  
 4 cups chicken or vegetable stock  
 Salt and freshly ground black pepper

### *Green Bean Salad*

1 pound green beans  
 2 slicer tomatoes chopped  
 1 large shallot  
 2 tablespoons red wine vinegar

### Instructions:

#### *Potato and Spring Onion Soup*

1. Cut spring onions in half crosswise, dividing white and green parts. Coarsely chop white parts and set aside. Finely chop green parts and set aside separately.
2. Heat oil in a medium pot over medium heat. Add onion and chopped white parts of spring onions and cook, stirring often with a wooden spoon, until soft, 8-10 minutes. Add potatoes and stock and season to taste with salt and pepper. Increase heat to medium-high and bring just to a boil. Reduce heat to medium-low and simmer, stirring occasionally, until potatoes are soft, 30-35 minutes.
3. Allow vegetables and stock to cool slightly; then, working in batches, puree them together in the jar of a blender or the work bowl of a food processor until very smooth. Return puree

<p>Salt and pepper 1/3 cup extra-virgin olive oil Basil as garnish</p>	<p>to pot and cook over medium heat until hot. Adjust seasonings. Garnish soup with reserved scallion greens.</p> <p><i>Green Bean Salad</i></p> <p>1. Top and tail the beans and cut them into large segments. Parboil the beans in salted water until just tender, about four to five minutes. Drain and immediately spread them out to cool. Chop tomatoes.</p> <p>2. Make the vinaigrette: Peel and mince the shallot and put it in a bowl with the vinegar and salt and pepper. Whisk in the olive oil. Taste and adjust the balance with more vinegar, oil, or salt, as needed. Toss the tomatoes in with the vinaigrette; this can sit for a while. Do not add the green beans until just before serving or they will discolor from the acid in the vinaigrette. Garnish with basil.</p>
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<p><b>Coriander Roasted Chicken With Chickpea and Avocado Salad</b> <b>DF, GF</b></p>	
<p><b>Ingredients:</b></p> <p>¼ cup olive oil 4 chicken breasts 1 teaspoon turmeric ½ teaspoon ground coriander kosher salt and black pepper 1 x 15 ounce can chickpeas, rinsed 1 avocado, chopped 1 shallot, thinly sliced 2 cucumbers, halved and thinly sliced ¼ cup fresh mint leaves 2 tablespoons rice vinegar</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. <b>Preheat oven to 375° F.</b></li> <li>2. Heat 2 tablespoons of the oil in a large ovenproof skillet over medium-high heat. Season the chicken with the turmeric, coriander, ½ teaspoon salt, and ¼ teaspoon pepper. Cook, until lightly brown and crisp, 3-4 minutes per side.</li> <li>3. Transfer the pan to oven. Bake for 15-20 minutes.</li> <li>4. Meanwhile, combine the chickpeas, avocado, shallot, cucumber, mint, vinegar, the remaining 2 tablespoons of oil, ½ teaspoon salt, and ¼ teaspoon pepper in a medium bowl.</li> <li>5. Serve the salad alongside the chicken.</li> </ol>

<p><b>Madison Pot Pie ~ Shepherd's Pie</b> <b>Sweet Bell Pepper Salad</b> <b>GF</b></p>	
<p><b>Ingredients:</b></p>	<p><b>Instructions:</b></p>

<p>Madison Pot Pie Shepherd's Pie</p> <p><i>Sweet Bell Pepper Salad</i></p> <p>1 pint mini sweet bell peppers thinly sliced into rings</p> <p>1 shallot, thinly sliced into rings</p> <p>2 tablespoons red wine vinegar</p> <p>Kosher salt and freshly ground black pepper</p> <p>¼ cup coarsely chopped fresh basil</p> <p>¼ cup coarsely chopped fresh flat-leaf parsley</p> <p>¼ cup coarsely chopped fresh mint</p> <p>2 tablespoons olive oil</p>	<p>1. Prepare Shepherd's Pie per instructions.</p> <p><i>Sweet Bell Pepper Salad</i></p> <p>1. Toss bell peppers, shallot, and vinegar in a large bowl; season with salt and pepper.</p> <p>2. Let sit until bell peppers are slightly softened, 10–20 minutes.</p> <p>3. Just before serving, toss herbs and oil with bell pepper mixture.</p>
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<p><b>MEPD Shopping List</b></p> <p><b>Produce:</b></p> <p><a href="#">Medium Sized Bin \$38</a></p> <p>Includes:</p> <p>Spinach – 5 Ounces – Local, Organic</p> <p>Slicer Tomatoes – 2 Pieces - Local, Organic</p> <p>Asparagus – 1 Pound – Local, IPM</p> <p>Mixed Lettuce – 1 Bag, Local, Organic</p> <p>Strawberries – 1 Pound – Local, Organic</p> <p>Spring Onions – 1 Bunch – Local, Organic</p> <p>Cucumbers - 2 Pieces - FL, Organic</p> <p>Fingerling Potatoes - 1.5 Pounds - CO, Organic</p> <p>Green Beans - 1 Pound - FL, Organic</p> <p>Mini Sweet Peppers- 1 Pint- FL, Organic</p> <p><b>Add-On Produce:</b></p> <p><a href="#">Sweet Yellow Onions \$2.99</a></p> <p><a href="#">Avocados \$4.99</a></p> <p><a href="#">Parsley \$2.99</a></p> <p><a href="#">Spring Onions \$3.99</a></p> <p><b>Dairy:</b></p> <p><a href="#">Happy Cow Creamery Mozzarella \$6.49</a></p> <p><a href="#">Three Graces Dairy Bee's Knees Goat Cheese \$6.99</a></p> <p><b>Meat:</b></p> <p><a href="#">4 chicken breasts \$23.98</a></p> <p><b>Bakery:</b></p> <p><a href="#">Rhu Bakery Multigrain Loaf \$5.99</a></p> <p><b>Prepared:</b></p> <p><a href="#">Rio Bertolini Whole Wheat Pizza Crust \$2.99</a></p> <p><a href="#">Madison Pot Pie Shepherd's Pie \$17.99</a></p> <p><b>Total: \$117.39</b></p> <p><b>Price Per Serving: \$5.86</b></p>	<p><b>Pantry</b></p> <p><b>Oils/Fats:</b></p> <p>Olive oil</p> <p><b>Vinegar:</b></p> <p>Balsamic Vinegar</p> <p>Red wine vinegar</p> <p>Rice wine Vinegar</p> <p><b>Herbs/Spices:</b></p> <p>Salt</p> <p>Pepper</p> <p>Turmeric</p> <p>Coriander</p> <p><b>Produce:</b></p> <p>Frozen peas</p> <p>Fresh basil leaves</p> <p>Fresh thyme</p> <p>Fresh mint</p> <p><b>Grocery:</b></p> <p>Chicken Stock</p> <p>1 can chickpeas</p> <p><b>Produce:</b></p> <p>Shallots</p>
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