



*\*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 5-1-2017**

**Thai Green Curry with Shrimp, Jasmine Rice and Cucumber Salad**  
**Grilled Chicken and Strawberry Salsa & Roasted Zucchini**  
**Pork Chops with Sauteed Plums and Garlicky Green Beans**  
**Kale, Lentil & Roasted Beet Salad**  
**Roasted Veggie Pot Pie & Spinach Salad**

### **Thai Green Curry with Shrimp, Jasmine Rice and Cucumber Salad** **GF**

**Ingredients:**

*Curry*

Green Dream Curry Sauce (Blue Dream Curry House)  
 1 Pound Mother Ocean Shrimp, peeled  
 1 Pound Asparagus, ends removed and cut into 2 inch pieces  
 1 Bunch Carrots, peeled, and cut into rounds

*Cucumber Salad*

2 cucumbers  
 ¼ cup rice wine vinegar  
 1 tsp. honey  
 ¼ tsp salt  
 2 Tbsps. Sesame seeds

*Rice*

2 cups Jasmine Rice

**Instructions:**

*Curry*

1. Heat curry sauce over medium heat. Add carrots, and heat for 6-8 minutes.
2. Add asparagus and heat until it turns green and tender, about 5 minutes.
3. Add shrimp, and continue to heat until shrimp turns pink, about 4-5 minutes.
4. Serve immediately over Jasmine Rice with cucumber salad.

*Cucumber Salad:*

1. Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half; Scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess water.
2. Combine vinegar, honey and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.

*Rice:*

1. Prepare 2 cups of Jasmine Rice per instructions.

### **Grilled Chicken and Strawberry Salsa & Roasted Zucchini**

**GF, DF**

**Ingredients:**

*Chicken Breasts*

4 chicken breasts  
1 Tbsp. olive oil  
¼ tsp. Salt  
Pepper to taste

*Strawberry Salsa*

1 pound fresh strawberries, washed, tops removed and sliced  
1 avocado, peeled and cubed  
1 jalapeno seeded and finely chopped  
¼ cup chopped cilantro  
2 Tbsp. finely chopped red onion  
3 Tbsp. fresh lime juice  
1 tsp. Fresh lime zest  
2 tsp. Honey  
¼ tsp. Salt

*Roasted zucchini*

1 pound zucchini, each cut in half across the middle, then each half quartered lengthwise  
1 tsp. Fresh minced garlic cloves  
1 Tbsp. olive oil  
Salt and pepper to taste

**Instructions:**

*Grilled Chicken & Strawberry Salsa*

1. Brush chicken breasts with olive oil and sprinkle with salt and pepper. Set aside and allow them to come to room temperature. Meanwhile, preheat your grill and brush the grates clean.
2. Grill the chicken over direct medium heat about 8-12 minutes or when the internal temperature in the thickest part of the breast is 165°F, turning once or twice. Keep the lid closed as much as possible.
3. While the chicken is cooking prepare the strawberry salsa. Prepare all of the ingredients and gently fold them in together in a bowl. This recipe has medium heat, so if you like mild salsa, omit the jalapeño. If you like hot salsa, chop in some of the seeds, but be careful! (Pro-tip: wear gloves when cutting hot peppers.)
4. Once the chicken has finished grilling, top it with your fresh strawberry salsa and serve immediately.

*Roasted zucchini*

1. **Preheat oven to 450.** Place the zucchini and garlic in a bowl and toss with the olive oil.
2. Spread the zucchini out onto parchment lined roasting pan, skin side down. Sprinkle with salt and pepper.
3. Roast zucchini until it starts to brown, about 12-15 minutes. (Start checking at 7 minutes, and keep checking every few minutes.)
4. Once the zucchini has started to brown at the edges, remove from oven and place in a bowl for serving.

**Pork Chops with Sauteed Plums and Garlicky Green Beans**

**GF, DF\***

*Pork Chops*

4 pork chops  
1 teaspoon salt, divided  
1/4 teaspoon pepper  
1 tablespoon olive oil  
1 pound fresh black plums, pitted and sliced

**Instructions:**

*Pork Chops*

1. Sprinkle pork chops with 1/2 teaspoon salt and pepper. In a large skillet over medium heat, brown pork chops in oil; set chops aside.

<p>1/2 cup chopped yellow onion 2 tablespoons water 1/2 teaspoon dried thyme</p> <p><i>Green Beans</i></p> <p>1 pound fresh green beans, trimmed and snapped in half 3 tablespoons butter* 3 cloves garlic, minced 2 pinches pepper salt to taste</p> <p>*Omit for DF</p>	<p>2. Reserve 1 tablespoon drippings and use to saute plums and onion for 4-6 minutes or until plums begin to brown. Stir in the water, thyme and remaining salt. Return pork chops to pan. Reduce heat; cover and simmer for 13-16 minutes or until a meat thermometer reads 160°.</p> <p><i>Garlicky Green Beans</i></p> <ol style="list-style-type: none"> <li>1. 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.</li> <li>2. Add butter to green beans; cook and stir until butter is melted, 2 to 3 minutes.</li> <li>3. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with pepper and salt.</li> </ol>
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<p><b>Kale, Lentil &amp; Roasted Beet Salad</b> <b>DF, GF, V</b></p>	
<p><b>Ingredients:</b></p> <p>1 bunch spring onions (ends trimmed, sliced lengthwise then chopped, thoroughly rinsed and dried) 1 bunch beets (rinsed clean, dried and quartered - remove any rough skin) 1-2 Tbsp olive oil 1/4 tsp each salt and pepper 1/2 cup green lentils, rinsed clean 1 cup vegetable stock (or sub water) 1 bunch kale, stemmed and leaves torn Tahini Dressing</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. <b>Preheat oven to 400 degrees F</b> and line baking sheet with parchment paper.</li> <li>2. Once thoroughly rinsed, add lentils and stock or water to a small saucepan and bring to a rapid simmer over medium-high heat. Then reduce heat and simmer for 20-30 minutes uncovered, or until all liquid is absorbed. Set aside.</li> <li>3. Add chopped spring onions and beets to the baking sheet, drizzle with olive oil and season with salt and pepper. Toss to coat, then bake in preheated oven for 15-20 minutes, or until fragrant and lightly browned. For crispier beets, remove spring onions from pan and continue roasting beets for an additional 10-15 minutes. Set aside.</li> <li>4. Add kale, beets, spring onions and lentils to a large mixing bowl, add dressing and toss to coat. For additional protein / crunch, add your favorite nut or seed (such as lightly salted sunflower seeds or roasted pecans).</li> </ol>

<p><b>Madison Pot Pie ~ Roasted Veggie Pot Pie Spinach Salad</b></p>
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## V

<p><b>Ingredients:</b> Madison County Pot Pie Roasted Veggie Pot Pie</p> <p><i>Spinach Salad</i> 6 oz. spinach leaves, washed and dried 1/2 cup toasted pumpkin seeds 1 avocados 2 tablespoons olive oil 1 lemon, zested and juiced 1/2 teaspoon salt</p>	<p><b>Instructions:</b> <i>Pot Pie</i></p> <ol style="list-style-type: none"><li>1. Prepare Roasted Veggie Pot Pie per instructions.</li></ol> <p><i>Spinach Salad</i></p> <ol style="list-style-type: none"><li>1. Put the spinach leaves and pumpkin seeds into a large salad bowl.</li><li>2. Halve the avocado and remove the stone. Spoon out the flesh over the salad leaves and pumpkin seeds.</li><li>3. Mix the olive oil, lemon juice and zest in a small bowl. Add the salt and whisk to emulsify.</li><li>4. Pour the dressing over the salad, and then gently toss everything together using your hands. Take care not to mush the avocado pieces.</li></ol>
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<p><b>MEPD Shopping List</b></p> <p><b>Produce:</b> <a href="#">Medium Sized Bin \$38</a> Includes: Strawberries - 1 Pound - Local, Organic Spinach - 6 Ounces - Local, Organic Zucchini - 1 Pound - Local, Organic Red Beets - 1 Bunch - Local, Organic Hydro Lettuce - 1 Bag - Local, Organic Cucumbers - 2 Pieces - FL, Organic Green Beans - 1 Pound - FL, Organic Asparagus - 1 Pound - Local, IPM Green Kale - 1 Bunch - Local, Organic Black Plums - 1 Pound - CH, Organic</p> <p><b>Add-On Produce:</b> <a href="#">Sweet Yellow Onions \$2.99</a> <a href="#">Avocados \$4.99</a> <a href="#">Spring Onions \$3.99</a> <a href="#">Carrots \$2.99</a> <a href="#">Red Onion \$2.99</a> <a href="#">Lemons \$2.99</a></p> <p><b>Meat:</b> <a href="#">4 chicken breasts \$23.98</a> <a href="#">1 Pound Mother Ocean Shrimp \$12.95</a> <a href="#">Pork Chops \$19.98</a></p> <p><b>Pantry:</b> <a href="#">Honey \$11.99</a> <a href="#">Jasmine Rice \$6.99</a></p> <p><b>Prepared:</b> <a href="#">Green Dream Curry Sauce \$6.99</a></p>	<p><b>Pantry</b></p> <p><b>Oils/Fats:</b> Olive oil Butter</p> <p><b>Vinegar:</b> Rice wine Vinegar</p> <p><b>Herbs/Spices:</b> Salt Pepper Thyme</p> <p><b>Nuts/Seeds:</b> Sesame seeds Pumpkin Seeds</p> <p><b>Produce:</b> Jalapeno</p> <p><b>Grocery:</b> Chicken Stock Green Lentils Tahini Dressing</p> <p><b>Produce:</b> Cilantro limes</p>
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[Madison County Pot Pie Roasted Veggie \\$17.99](#)

**Total: \$159.81**

**Price Per Serving: \$7.99**