



**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 5-29-2017

Grilled Tuna and Cool Cucumber and Cantaloupe Salad

Blue Dream Curry House Mellow Yellow Curry with Carrots, Potatoes and Peas

Kale and Egg Pizza & Red Leaf Lettuce Salad

Goat Cheese Stuffed Peppers & Spinach Salad with Blueberry Vinaigrette

One-Pan Balsamic Chicken, Broccoli and Yellow Squash

Grilled Tuna and Cool Cucumber and Cantaloupe Salad

GF, DF

Ingredients:

Tuna

1 Lb. Mother Ocean Market Tuna,
thawed if frozen
Olive oil
Salt and pepper

Cucumber and Cantaloupe Salad

¼ c. fresh lime juice
salt and pepper
2 large cucumbers, peeled, seeded and
chopped
1 ripe cantaloupe, balled or cut into
bite sized pieces
3 scallions, chopped
½ c. loosely packed fresh cilantro
leaves

Instructions:

Tuna

1. To grill the tuna, get a charcoal or stove-top cast-iron grill very hot.
2. Brush the fish with olive oil, and sprinkle with salt and pepper. Grill each side for only 2 to 2 1/2 minutes. The center should be raw, like sushi, or the tuna will be tough and dry. Allow to rest for 5 to 10 minutes and serve.

Cucumber and Cantaloupe

1. In large bowl, whisk lime juice, 1/4 teaspoon salt, and 1/8 teaspoon freshly ground black pepper until blended. Add cucumber, cantaloupe, green onion, and cilantro; toss to coat.

**Blue Dream Curry House Mellow Yellow Curry with Carrots, Potatoes and Peas
GF, V**

Ingredients:

1 pint Mellow Yellow Curry Sauce
 2 Tbsps. olive oil
 1.5 Lbs. Fingerling potatoes, chopped into bite sized pieces
 1 bunch carrots, peeled, and chopped into bite sized pieces
 1 cup frozen peas
 2 cups Jasmine Rice

Instructions:

1. Prepare Jasmine Rice per instructions
2. In a large skillet or wok, heat olive oil over medium heat. Add carrots and peas and cook for 5-7 minutes. Add potatoes and pour over yellow curry sauce. Simmer for 15-20 minutes until potatoes are tender.
3. Serve with Jasmine Rice

**Kale and Egg Pizza & Red Leaf Lettuce Salad
GF*, V**

Ingredients:

Pizza

1 bunch kale
 3 Tbsp. olive oil, divided
 3 cloves of garlic, chopped
 ¼ medium onion, diced
 1 tsp. red pepper flakes
 2 Rio Bertolini NY Style Pizza Dough Balls or 2 pizza crusts of choice*
 2 cups shredded mozzarella cheese
 4 Queen B eggs

*Consider Eat More Bakery GF Crust.

Salad

1 bunch red leaf lettuce, washed, dried and torn
 1 avocado, peeled, pitted and sliced
 Olive oil
 Balsamic vinegar
 Salt and pepper to taste

Instructions:

Pizza

1. Wash, dry and stem kale. Tear into 2 inch pieces.
2. Heat 1 Tbsp. of olive oil in a large skillet, add the garlic and onions and cook over low heat, stirring occasionally, until golden brown.
3. Add kale and pepper flakes to the skillet, season with salt and pepper, and cook, covered, over medium to low heat for 5 minutes, turning occasionally until kale is wilted. Reserve.
4. Prepare pizza crusts per instructions.
5. Heat oven to 450 F. Spread 1 Tbsp of olive oil on each pizza, top with ½ cup of cheese and kale. Crack 2 eggs on top of each pizza, being careful to not break the yolks. Season with salt and pepper. Bake for 6-8 minutes (follow crust instructions/watch for golden brown) and serve.

Salad

1. Prepare lettuce and avocado. Place in a serving bowl.
2. Drizzle olive oil and splash balsamic to dress. Salt and pepper to taste.

Goat Cheese Stuffed Peppers & Spinach Salad with Blueberry Vinaigrette

GF, V

Ingredients:

Peppers

½ Lb. mini sweet peppers, halved and seeded
4 oz. goat cheese

Salad

1 bunch spinach, washed, dried and stemmed
1 Tbsp. lemon juice
1 tbsp olive oil
salt and pepper to taste
1 cup fresh blueberries
1 avocado peeled, pitted and sliced
1/4 cup goat cheese crumbled

Blueberry Vinaigrette

1/2 cup fresh blueberries
3 tbsp olive oil
2 tbsp lemon juice
1 tsp honey
1 tsp balsamic vinegar
salt and pepper to taste

Instructions:

Peppers

1. **Preheat the oven to 400°F** then wash and dry the peppers. Slice each one and half and clean out the seeds.
2. Line a cookie sheet with parchment paper, arrange the peppers on top and bake them in the oven for five minutes. Remove and allow to cool for 5-10 minutes, until cool enough to handle.
3. Spoon herbed cheese inside of each pepper. Serve immediately with Spinach Salad

Salad

1. In a large bowl add the spinach, lemon juice, olive oil, salt and pepper. Toss really well making sure that all the spinach is covered in oil and lemon juice.
2. Add the blueberries, avocado, and goat cheese.
3. In a blender add all the vinaigrette ingredients and blend until smooth.
4. Drizzle the dressing over the salad and serve.

One-Pan Balsamic Chicken, Broccoli and Yellow Squash

GF, DF

Ingredients:

1 Lb. Balsam Gardens Boneless Chicken Breast, chopped into bite sized pieces
1 bunch broccoli, chopped into bite sized pieces
2 yellow squash, chopped into bite sized pieces
4 garlic cloves, minced
½ cup balsamic vinegar
¼ cup olive oil
Salt and pepper to taste

Instructions:

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper
2. Whisk together olive oil, balsamic vinegar, salt, pepper and garlic
3. Place all chicken, broccoli, and squash into a large bowl. Pour vinegar and oil mixture over the top and fold together to combine flavors
4. Once oven is preheated, spread chicken and vegetable mixture onto the parchment paper lined pan.
5. Bake for 20 minutes and serve.

MEPD Shopping List

Produce:

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

Includes:

Blueberries – 1 Pint – Local, Organic
Broccoli – 1 Pound – Local, Organic
Kale – 1 Bunch – Local, Organic
Spinach – 1 Bunch – Local, Organic
Cucumbers – 2 Pieces – Local, Organic
Yellow Squash – 2 Pieces – Local, Organic
Carrots – 1 Bunch – CA, Organic
Fingerling Potatoes – 1.5 Pounds – CO, Organic
Red Leaf Lettuce – 1 Head – Local, Organic
Mini Sweet Peppers – ½ Pound – GA, Organic
Cantaloupe – 1 – CA, Organic

Add-On Produce:

[Avocados \\$4.99](#)

[Garlic \\$2.99](#)

[Scallions \\$1.99](#)

[cilantro \\$2.99](#)

[Lemons \\$3.99](#)

Meat:

[1 Lb. Balsam Gardens Chicken Breasts \\$11.99](#)

[Tuna \\$15.95](#)

Dairy:

[1 dozen Queen Bee Farms Pastured Eggs \\$5.99](#)

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

[2 bags shredded mozzarella cheese \\$11.98](#)

Prepared:

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

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

Pantry:

[Jasmine Rice \\$6.99](#)

Total: \$127.81

Price Per Serving: \$6.39

Pantry

Oils/Fats:

Olive oil

Vinegar:

Balsamic Vinegar

Herbs/Spices:

Salt

Pepper

Produce:

Frozen peas

Limes

Sweeteners:

Honey