



***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 5-8-2017

Greek Salad with Chickpeas & Crostini with Balsamic Dipping Sauce

Blackened Mahi Mahi with Roasted Broccoli

Pasta with Greens and Ricotta

Mellow Yellow Curry with Yellow Squash, Carrots, Potatoes and Spring Onions

Madison County Pot Pie Chicken Pot Pie and Honey & Cinnamon Stewed Apples

Greek Salad with Chickpeas & Crostini with Olive Oil and Balsamic Dipping Sauce DF, V, GF*

Ingredients:

Salad

1 bunch Romaine Lettuce, rinsed and spun dry
 2 tomatoes, sliced into wedges
 2 cups cooked chickpeas (or 1 15 oz. can, rinsed and drained)
 1 cup kalamata olives, sliced
 ½ small red onions, diced
 1 large cucumber, sliced

**Optional: Add Grilled Chicken, Shrimp or Tempeh

Crostini

1 Rhu Baguette, sliced*
 ¼ cup olive oil
 2 Tbsp. Balsamic Vinegar
 1 Tbsp. oregano
 3 cloves garlic
 Salt and pepper to taste

*GF option- Eat More Bakery Herbed Focaccia cut into strips

Instructions:

Salad

1. Assemble salad in large serving bowl starting with lettuce, tomato, chickpeas, olives, onions and cucumbers.
2. Drizzle with olive oil and balsamic vinegar, salt and pepper to taste.

Crostini

1. Slice baguette into ½" rounds.
2. In a mixing bowl, combine olive oil, balsamic vinegar, oregano, garlic, and salt and pepper to taste. Whisk well to combine.
3. Lightly toast baguette slices, and serve with dipping sauce.

Blackened Mahi Mahi with Roasted Broccoli
GF, DF

Ingredients:

Mahi Mahi

2 Lbs. or 4 portions of Mahi Mahi
Blackened Seasoning
1 Tbsp. olive oil
2 avocados, sliced
1 lime, cut into wedges for serving

Roasted Broccoli

1 bunch broccoli, cut into bite sized pieces.
(Stalk can be peeled and chopped and included with florets.)
2 Tbsp. olive oil
Salt and pepper to taste

Instructions:

Mahi Mahi

1. **Heat a medium size skillet over medium high heat.**
While it is heating up, dredge the fish filets in the spice rub and coat evenly.
2. When the pan is warm, add the olive oil, and cook the spice rubbed fish until cooked thru. Cooking time will depending on the thickness of your fish. Typically about 3 to 4 minutes per side.
3. Top with sliced avocado and lime wedges.

Roasted Broccoli

1. **Preheat oven to 400 degrees F.**
2. Prepare broccoli and drizzle with olive oil, salt and pepper. Toss to combine.
3. Line cookie sheet with parchment paper. Spread broccoli onto prepared sheet. Bake for 20 minutes.

Pasta with Greens and Ricotta
V, GF*

Ingredients:

5 oz. spinach, washed and torn
1 bunch Rainbow Chard, tough stalks removed, washed and torn
2 garlic cloves, minced
1 Tbsp. olive oil
Dash of salt and pepper
¼ tsp. ground nutmeg
¾ cup ricotta cheese
2 portions (serves 4) Rio Bertolini Whole Wheat Spaghetti*
Grated Parmesan Cheese
½ cup toasted walnuts

*GF option- consider Tinkyada GF Pasta

Instructions:

1. Bring a large covered pot of water to a rapid boil
2. While the water heats, rinse the greens well and shake off any excess water.
3. Saute the garlic in olive oil for a minute until soft and golden, taking care not to scorch it. Add the damp greens and saute, stirring often until they are wilted but still bright green.
4. Sprinkle with the salt, pepper, and nutmeg, and remove from the heat.
5. In a blender, puree the cooked greens, with the ricotta until smooth and evenly colored. Add more salt and pepper to taste if desired.
6. When the water boils, stir in the pasta, and cook until al dente. Drain the pasta and immediately toss with the sauce in a serving bowl.
7. Top with parmesan cheese, and toasted walnuts.

**Mellow Yellow Curry with Yellow Squash, Carrots, Potatoes and Spring Onions
GF, V**

Ingredients:

1 Pint Blue Dream Curry House Mellow Yellow Curry Sauce
 1 bunch spring onions, washed, and chopped
 2 pieces of yellow squash, chopped
 1.5 Lbs. fingerling potatoes, washed and cut into coins
 1 bunch carrots, peeled and sliced into coins
 2 Tbsp. olive oil
 2 Lundberg Jasmine Rice, prepared per instructions

Instructions:

1. Prepare 2 cups Lundberg Jasmine Rice per instructions
2. Prepare spring onions, squash, potatoes and carrots.
3. Heat olive oil over medium heat and add spring onions, squash and carrots to the pan once warm. Saute until vegetables are tender. Add curry sauce to the pan and add potatoes. Simmer over medium heat for 15-20 minutes until potatoes are tender.
4. Serve curry over Jasmine Rice.

**Madison Pot Pie ~ Chicken Pot Pie
Honey & Cinnamon Stewed Apples**

Ingredients:

Madison County Pot Pie- Chicken Pot Pie, Family Size

Stewed Apples

2 Lbs. local apples, peeled, cored and sliced
 1 Tbsp. honey
 1 Tbsp. cinnamon
 1 tsp. Vanilla extract
 1 cup boiling water

Instructions:

Pot Pie

1. Prepare Chicken Pot Pie per instructions.

Stewed Apples

1. While Chicken Pot Pie is baking, prepare apples. Heat a large, thick bottom pot with a fitted lid over high heat. Add apples to pot and dust with cinnamon.
2. Pour over hot water, add honey and vanilla, stir to combine.
3. Cover and simmer for about 20 or so minutes on medium heat, or until apples are fully cooked. Serve with Chicken Pot Pie.

MEPD Shopping List

Produce:

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

Includes:

Broccoli – 1 Bunch – Local, Organic
 Romaine – 1 Bunch – Local, Organic
 Rainbow Chard – 1 Bunch Local, Organic
 Apples – 2 Pounds Local, IPM
 Tomatoes – 2 Pieces – Local, Organic
 Spinach – 5 Ounces --Local, Organic
 Cucumbers – 2 Pieces – GA, Organic
 Yellow Squash – 2 Pieces – Local, Organic
 Fingerling Potato – 1.5 Pound – CO, Organic

Pantry

Oils/Fats:

Olive oil

Vinegar:

Balsamic Vinegar

Herbs/Spices:

Salt
 Pepper
 Oregano
 Ground nutmeg
 Ground cinnamon

Spring Onions – 1 Bunch – Local, Organic

Add-On Produce:

[Avocados \\$4.99](#)

[Carrots \\$2.99](#)

[Red Onion \\$2.99](#)

[Garlic \\$2.99](#)

Meat:

[2 Lbs. Mahi Mahi \\$33.90](#)

Pantry:

[Honey \\$11.99](#)

[Jasmine Rice \\$6.99](#)

Prepared:

[2 portions Rio Bertolini Whole Wheat Spaghetti \\$6.98](#)

[1 Pint Blue Dream Curry House Mellow Yellow Curry](#)

[Sauce \\$6.99](#)

[Madison Pot Pie- Family Size Chicken Pot Pie\\$17.99](#)

Bakery:

[Rhu Baguette \\$3.99](#)

Total: \$140.79

Price Per Serving: \$7.03

Vanilla extract
Blackening Seasoning

Nuts/Seeds:

Walnuts

Grocery:

1 can chickpeas

Kalamata olives

Dairy:

Ricotta Cheese

Grated Parmesan Cheese

Produce:

limes