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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 6-6-2017

Spinach Salad with Golden Kiss Melon and Prosciutto

Garlic Scape Pesto and Ricotta Gnocchi with Red Lettuce Salad

Blue Dream Curry House Green Curry with Broccoli and Baby Bok Choy

Grass Fed Tri Tip Steak with Yukon Gold and Rainbow Chard Gratin

Homemade Pizza and Salad Kit

Spinach Salad with Golden Kiss Melon and Prosciutto

GF, DF

Ingredients:

1 Tbsp. olive oil
 1 Tbsp. balsamic vinegar
 ½ tsp. Dijon mustard
 1 bunch spinach, washed, dried and stemmed
 2 cups thinly sliced peeled Golden Kiss Melon
 4 oz. thinly sliced prosciutto

*Serve with Rhu Bakery Ciabatta bread or Eat More Bakery Parker House Rolls for GF option

Instructions:

1. Place olive oil, balsamic vinegar and Dijon mustard in a medium bowl, stirring well until combined.
2. Add spinach to the mixture; toss to coat greens. Top greens mixture with melon and prosciutto and serve with sliced Ciabatta bread from the Rhu Bakery

Garlic Scape Pesto and Ricotta Gnocchi with Red Lettuce Salad

V

Ingredients:

1/4 cup walnuts
 1 bunch coarsely chopped garlic scapes
 Juice and zest of 1/2 lemon
 1/2 teaspoon salt
 ¼ tsp. black pepper

Instructions:

Pesto

1. In a small, dry pan set over very low heat, lightly toast the walnuts, stirring or tossing occasionally until just beginning to brown, about 2-3 minutes.

<p>1/2 cup extra virgin olive oil 1/4 cup grated Parmigiano Reggiano cheese</p> <p><i>Ricotta Gnocchi</i> 2 packages of Rio Bertolini Ricotta Gnocchi Gallon of water</p> <p><i>Red Lettuce Salad</i> 1 bunch red leaf lettuce, washed, dried and torn 2 slicer tomatoes, washed, seeded and chopped Olive oil Balsamic vinegar Salt and pepper to taste</p>	<p>Remove from the heat and let cool for a few minutes.</p> <p>2. Combine the garlic scapes, walnuts, lemon juice and zest, salt, and pepper in the bowl of a food processor fitted with the blade attachment. Pulse about 20 times, until fairly well combined. Pour in the olive oil slowly through the feed tube while the motor is running. When the oil is incorporated, transfer the pesto to a bowl and stir in the grated cheese.</p> <p><i>Gnocchi</i></p> <p>1. Bring one gallon of water to rapid boil. Gently add frozen gnocchi to water. Boil until all pasta is floating and expands slightly (about 5 minutes). Gently remove from water and toss with garlic scape pesto. Serve immediately.</p> <p><i>Salad</i></p> <p>1. Prepare lettuce and tomatoes. Place in a serving bowl. 2. Drizzle olive oil and splash balsamic to dress. Salt and pepper to taste.</p>
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<p align="center">Blue Dream Curry House Green Curry with Broccoli and Baby Bok Choy GF, V</p>	
<p>Ingredients: 1 pint Blue Dream Curry House Green Dream Curry 1 bunch of broccoli, washed, and chopped into bite sized pieces 1 Lb. baby bok choy, washed and chopped into bite sized pieces 2 cups Jasmine Rice, prepared per instructions</p> <p>Olive oil Balsamic vinegar Salt and pepper to taste</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare rice per instructions 2. Prepare vegetables and place into oiled skillet on medium heat. When vegetables are tender, pour over Green Dream Curry Sauce. Reduce heat to medium low and simmer for about 10 minutes. 3. Serve curry over rice in bowls.

Grass Fed Tri Tip Steak with Yukon Gold and Rainbow Chard Gratin
GF

<p>Ingredients:</p> <p><i>Tri Tip</i> Hickory Nut Gap Farm Tri-Tip Steak, thawed if frozen steak rub salt freshly ground pepper</p> <p>*Best if marinated for at least 6 hours, or overnight</p> <p><i>Gratin</i> 1 Tbsp. butter 2.5 Lbs. Yukon Gold Potatoes, peeled and thinly sliced 1 bunch Rainbow Chard, ribs discarded, chopped 1.5 cups Swiss cheese, grated 2 cloves garlic, minced 2 cups half & half 1 Tbsp. Herbs de Provence 1.5 tsp. salt ½ tsp. ground black pepper</p>	<p>Instructions:</p> <p><i>Tri Tip Steak</i></p> <ol style="list-style-type: none"> 1. Prepare steak by rubbing with steak rub of choice. Season with salt and pepper. Marinate for at least 6 hours or overnight if possible. 2. Preheat the oven to 450. Lay the roast in the pan with the fatty side up so the juices will baste the roast naturally while cooking. 3. Cook for 12 to 25 minutes per pound of tri-tip, depending on how well-done you want the roast. When the temperature between 130 to 135 degrees is medium rare. <p><i>Gratin</i></p> <ol style="list-style-type: none"> 1. While steak is marinating, heat butter in large saute pan, over medium heat. Add garlic and cook until golden brown. Add rainbow chard and wilt, about 2 minutes. Set aside. 2. Mix potatoes, chard, cheese, herbes de provence, salt and pepper. Place in a shallow baking dish and pour over half & half. 3. Place in oven with Tri Tip and bake until potatoes are cooked, covered for about 20-25 minutes. Uncover and reduce heat to 400. Bake until browned, approx 5 minutes.
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Homemade Pizza and Salad Kit
V, GF*

<p>Ingredients:</p> <p>Ingredients:</p> <p><i>Pizza</i> Rio Bertolini NY Pizza Dough OR Eat More Gluten-Free Pizza Dough Field Day Organic Pizza Sauce Organic Valley Shredded Mozzarella Cheese</p> <p><i>Salad</i> 1 head Romaine lettuce , washed dried and torn 1 cucumber, washed and sliced</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare pizza dough per instructions. Spread sauce over dough and sprinkle with cheese. Bake at 400 for approx 10-12 minutes until cheese is melted and browned. 2. While pizza is baking, assemble lettuce, cucumber, tomato, bell pepper in large serving bowl. Drizzle with olive oil, balsamic and salt and pepper to taste.
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<p>1 slicer tomato, washed, seeded and chopped 1 bell pepper, washed, seeded and chopped Olive oil and balsamic Salt and pepper to taste</p>	
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<p>MEPD Shopping List</p> <p>Produce: Medium Sized Bin \$38 Includes: Blueberries – 1 Pint – Local, Organic Broccoli – 1 Pound – Local, Organic Rainbow Chard – 1 Bunch – Local, Organic Spinach – 8 Ounces – Local, Organic Garlic Scapes – 1 Bunch – Local, Organic Slicer Tomatoes – 2 Pieces – Local, Organic Golden Kiss Melon – 1 – CA, IPM Red Leaf Lettuce – 1 Head – Local, Organic Baby Bok Choy – 1 Pound – Local, Organic Yukon Gold Potatoes – 2.5 Pounds – GA, Organic</p> <p>Add-On Produce: Garlic \$2.99 Lemons \$2.99</p> <p>Meat: Hickory Nut Gap Tri Tip Steak \$9.99/Lb</p> <p>Dairy: Half & Half \$3.25 Swiss cheese \$6.99</p> <p>Prepared: Homemade Pizza and Salad Kit \$19.99 Blue Dream Curry House Green Dream Sauce \$6.99 2 packages of Rio Bertolini Ricotta Gnocchi \$15.98</p> <p>Pantry: Jasmine Rice \$6.99</p> <p>Bakery: Rhu Bakery Ciabatta Loaf \$5.99</p> <p>Total: \$120.15 Price Per Serving: \$6.00</p>	<p>Pantry</p> <p>Oils/Fats: Olive oil</p> <p>Vinegar: Balsamic Vinegar</p> <p>Herbs/Spices: Salt Pepper Herbes de Provence Steak Rub</p> <p>Condiments: Dijon mustard</p> <p>Meats: Sliced Prosciutto</p> <p>Nuts/Seeds: Walnuts</p> <p>Dairy: Parmigiano Reggiano cheese</p>
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