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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 7-11-2017

Zucchini Noodles with Tomatoes and Chopped Salad
Cherry Chicken Lettuce Wraps and Sweet Corn
Grilled Peach, Red Onion, Goat Cheese and Spinach Salad
Sweet Daisy's Bake Shop Broccoli Cheddar Quiche with Cucumber Salad
Shrimp Gumbo with Sausage

Zucchini Noodles with Tomatoes and Chopped Salad

GF, V

Ingredients:

Zucchini Noodles with Tomatoes

1 Lb. zucchini, spiralized
 2 tablespoons extra virgin olive oil
 1 clove garlic minced
 1 pint sliced grape tomatoes, reserve handful for salad
 1/2 teaspoon crushed red pepper flakes
 cracked black pepper and kosher salt to taste
 2 Tbsps. grated Parmesan
 2 Tbsps. or more fresh basil torn

Salad

1 bunch green leaf lettuce, washed, torn
 1 green bell pepper, diced
 Grape tomatoes
 Olive oil
 Balsamic vinegar

Instructions:

Zucchini Noodles with Tomatoes

1. Spiralize the zucchini.
2. In a large skillet, heat the olive oil over medium heat. Sauté spiralized zucchini for about 3 minutes. Add the garlic and cook another minute or so. Toss in sliced fresh cherry tomatoes. Heat just until the tomatoes are warm. Add in the crushed red pepper flakes, kosher salt and pepper. Toss to combine evenly.
3. Remove from the heat. Sprinkle on torn fresh basil and freshly grated Parmesan cheese. Twirl!

Salad

1. In a large serving bowl, assemble green leaf lettuce, bell pepper, tomatoes.
2. Drizzle with olive oil, balsamic vinegar, and salt and pepper to taste.

Cherry Chicken Lettuce Wraps and Sweet Corn

GF

<p>Ingredients: <i>Wraps</i> 1 Lb. boneless skinless chicken breasts, cut into 3/4-inch cubes 1 tsp. ground ginger 1/4 tsp. salt 1/4 tsp. pepper 2 tsps. olive oil 1-1/2 cups shredded carrots 1-1/4 cups coarsely chopped pitted fresh sweet cherries 4 green onions, chopped 1/3 cup coarsely chopped almonds 2 tablespoons rice vinegar 2 tablespoons teriyaki sauce 1 tablespoon honey 8-10 Romaine lettuce leaves</p> <p><i>Sweet Corn</i> Ingredients: 6 ears of corn in husks Butter for serving</p>	<p>Instructions: <i>Wraps</i></p> <ol style="list-style-type: none"> 1. Sprinkle chicken with ginger, salt and pepper. In a large nonstick skillet coated with cooking spray, heat oil over medium-high heat. Add chicken; cook and stir 3-5 minutes or until no longer pink. 2. Remove from heat. Stir in carrots, cherries, green onions and almonds. In a small bowl, mix vinegar, teriyaki sauce and honey; stir into chicken mixture. Divide among lettuce leaves; fold lettuce over filling. Yield: 4 servings. <p><i>Sweet Corn</i></p> <ol style="list-style-type: none"> 1. Prepare your grill, gas or charcoal, with direct, high heat, about 550°F. 2. Place the corn in their husks on the hot grill. Cover the grill. Turn the corn occasionally, until the husks are completely blackened and charred on all sides, about 15 to 20 minutes. 3. Remove the corn from the grill. Let them sit for 5 minutes or until cool enough to handle. Remove the silks and charred husks from the corn. Butter and serve.
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<p>Grilled Peach, Red Onion, Goat Cheese and Spinach Salad & Thyme Roasted Sweet Potatoes GF, V</p>	
<p>Ingredients: 1 Lb. ripe small peaches, quartered and pits removed High heat oil for the grill 2 bunches spinach, washed, torn and dried 1 medium red onion, sliced paper thin 6 oz. crumbled goat cheese 1 cup toasted pecans, roughly chopped</p> <p><i>Honey Balsamic Dressing</i> ¼ cup balsamic vinegar 1 ½ Tbsps. honey ½ tsp. salt 1 cup extra virgin olive oil</p> <p><i>Thyme Roasted Sweet Potatoes</i> 4 medium sweet potatoes, peeled and cut into 1 1/2-inch-thick rounds</p>	<p>Instructions: <i>Salad</i></p> <ol style="list-style-type: none"> 1. Prepare grill over medium-high heat. Toss peaches in high heat oil and place directly on grill. Grill for 2-3 minutes on each side, creating nice grill marks. Remove from grill and set aside. 2. Place spinach leaves in bottom of a large serving bowl. Top the spinach with onion, goat cheese, and pecans. 3. Toss with dressing until evenly combined and arrange grilled peaches on top of salad before serving. <p><i>Honey Balsamic Dressing</i></p> <ol style="list-style-type: none"> 1. Combine first three ingredients in a medium mixing bowl. Slowly add oil in a steady stream while vigorously whisking until fully emulsified <p><i>Thyme Roasted Sweet Potatoes</i></p> <ol style="list-style-type: none"> 1. Preheat oven to 450°F. In large mixing bowl, combine all ingredients and toss. Arrange potato slices in single

<p>3 tablespoons olive oil 4 large garlic cloves, minced 1/3 cup fresh thyme leaves, plus 6 thyme sprigs for garnish 1/2 tsp. kosher salt 1/2 tsp. red pepper flakes</p>	<p>layer on heavyweight rimmed baking sheet or in 13x9-inch baking dish.</p> <p>2. Place on top rack of oven and roast until tender and slightly browned, about 40 minutes. Serve warm or at room temperature, garnished with thyme sprigs.</p>
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Sweet Daisy's Bake Shop Broccoli Cheddar Quiche with Cucumber Salad V	
<p>Ingredients:</p> <p><i>Quiche</i> Sweet Daisy's Bake Shop Broccoli Cheddar Quiche</p> <p><i>Cucumber Salad</i> 2 medium cucumbers, thinly sliced 1/3 cup cider or white vinegar 1/3 cup water 2 Tbsps. honey 1/2 tsp. salt 1/8 tsp. pepper Chopped fresh dill weed or parsley, if desired</p>	<p>Instructions:</p> <p><i>Quiche</i></p> <ol style="list-style-type: none"> 1. Bake quiche per instructions. Approx 25-30 minutes at 350. <p><i>Cucumber Salad</i></p> <ol style="list-style-type: none"> 1. Place cucumbers in small glass bowl. 2. In tightly covered container, shake remaining ingredients except dill weed. Pour over cucumbers. Cover and refrigerate at least 3 hours to blend flavors. 3. Drain cucumbers. Sprinkle with dill weed. Store covered in refrigerator.

Shrimp Gumbo with Sausage GF*, DF	
<p>Ingredients:</p> <p>1 Lb. shrimp in the shell Salt and pepper 2 tsps. chopped fresh thyme 6 garlic cloves, minced 4 Tbsps. olive oil 1 1/2 cups diced onion 1 cup diced green bell pepper 1/2 cup diced celery 4 Tbsps. all-purpose flour (or GF all-purpose) 1 Tbsps tomato paste 1 tsp. paprika 1/4 tsp. cayenne 1 cup diced ripe tomato, fresh or canned 1 Lb. Balsam Gardens Italian Sausage, cut in 1-inch-thick slices 6 cups chicken broth</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Peel and devein shrimp. Reserve shrimp shells for broth if desired. Season shrimp with salt and pepper, thyme and 1/2 teaspoon garlic. Cover and refrigerate. Make the shrimp broth. (or use chicken broth) 2. Make the gumbo base: In a heavy-bottomed soup pot, heat olive oil over medium-high heat. Add onion, bell pepper and celery and cook briskly, stirring frequently, until lightly browned, about 8 minutes. Sprinkle in flour and stir to combine. Continue cooking for about 5 minutes, stirring, until flour-vegetable mixture is well browned. Add tomato paste, paprika, cayenne and remaining garlic. Cook for 1 minute, stirring well, then add diced tomato and andouille sausage and cook for about 2 minutes. Season mixture generously with salt and pepper. 3. Stir in broth and reduce heat to medium. With a wooden spoon, scrape bottom of pot to dissolve any

<p>1 Lb. chopped okra ½ cup chopped scallions for garnish</p>	<p>browned bits. Simmer for about 25 minutes, until gumbo base thickens somewhat. Taste and adjust salt.</p> <p>4. Add okra and let cook until softened, about 5 minutes. Add shrimp and cook for 2 minutes more. Turn off heat. Serve immediately, sprinkled with scallions, along with steamed rice or cornbread if desired.</p>
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<p>MEPD Shopping List</p> <p>Produce: Medium Sized Bin \$38</p> <p>Includes: Cherries – 1 Pound – WA, Organic Sweet Corn – 6 Ears – Local, Organic Peaches – 1 Pound – Local, IPM Zucchini – 1 Pound – Local, Organic Grape Tomatoes – 1 Pint – Local, Organic Mixed Salad Lettuce – 5 Ounces – Local, Organic Sweet Potatoes – 2.5 Pounds – Local, Organic Cucumbers – 2 Pieces – Local, Organic Okra – 1 Pound – Local, Organic</p> <p>Add-On Produce: Garlic \$2.99 Green onions \$2.49 Red onions \$2.99 Yellow onions \$2.99 carrots \$2.99 Romaine Lettuce \$2.99 Spinach x 2 \$9.98 Green Bell Pepper \$3.99 Celery \$4.99 1 head green leaf lettuce \$3.99</p> <p>Eggs/Dairy: Three Graces Dairy Goat Cheese \$6.99</p> <p>Meat: Shrimp \$17.95 Boneless Chicken Breast \$11.99 Italian Sausage \$8.99</p> <p>Prepared: Sweet Daisy’s Bake Shop Broccoli Quiche \$14.99</p> <p>Total: \$139.30 Price Per Serving: \$6.96</p>	<p>Pantry</p> <p>Oils/Fats: Olive oil butter \$11.99</p> <p>Vinegar: Balsamic vinegar Apple Cider Vinegar Rice Vinegar</p> <p>Herbs/Spices: Salt Pepper Ground ginger Crushed red pepper Fresh basil Cayenne Paprika Thyme</p> <p>Condiments/Sweeteners: Honey Teriyaki sauce Tomato Paste</p> <p>Nuts/Seeds: Almonds Pecans</p> <p>Dairy: Parmesan Cheese</p> <p>Grocery: Chicken Stock</p>
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