



**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 7-25-2017

Pasta with Sungold Cherry Tomatoes and Mixed Salad

Bison Hot Dogs with Red Cabbage Coleslaw

Summer Squash Gratin & Peaches with Balsamic Cherries

Sheet Pan Chicken, Green Beans & Potatoes

Homemade Pizza and Salad

Pasta with Sungold Cherry Tomatoes and Mixed Salad

GF*, V

Ingredients:

Pasta

8 Tbsps. extra-virgin olive oil, divided
 1 Pint Sungold tomatoes
 4 garlic cloves, thinly sliced
 1/2 tsp. crushed red pepper flakes
 Salt to taste
 2 portions Rio Bertolini Whole Wheat Spaghetti*
 1 cup finely grated Parmesan
 16 medium fresh basil leaves, torn into pieces

Salad

5 oz. mixed salad mix
 2 cucumbers, thinly sliced
 Olive oil
 Balsamic vinegar
 Salt and pepper to taste

*GF option: use Tinkyada GF Pasta

Instructions:

Pasta

1. Heat 6 Tbsps. oil in a large skillet over medium heat. Add tomatoes, garlic, and red pepper flakes, season with salt, and cook, covered slightly and swirling pan often, until tomatoes blister and burst, 10-12 minutes. Press down on tomatoes to release their juices. Remove pan from heat and set aside.
2. Meanwhile, bring 4 quarts water to a boil in a 5 quart pot. Season with salt; add pasta and cook, stirring occasionally, until about 2 minutes before tender. Drain pasta, reserving 1 cup pasta cooking water.
3. Transfer pasta to skillet with tomatoes; set over high heat. Add 1 cup pasta water. Cook, stirring and tossing often, until sauce thickens and begins to coat the pasta, about 1 minute. Stir in remaining oil, cheese, and half the basil and toss until sauce coats pasta and pasta is al dente. (Add more pasta water if sauce seems dry.) Add remaining basil, season with salt.

Salad

1. In a large bowl, layer mixed salad greens, sliced cucumbers. Drizzle with olive oil, and balsamic

vinegar. Season with salt and pepper. Serve with pasta.

Bison Hot Dogs with Red Cabbage Coleslaw

GF* DF

Ingredients:

Bison Hot Dogs

6 pack Carolina Bison Hot Dogs
6 pack Sprouted Wheat Hot Dog Buns*

Red Cabbage Coleslaw

4 cups finely sliced purple cabbage
2 cups shredded carrots
¼ cup chopped fresh parsley
¾ cup sunflower seeds

Lemon dressing

¼ cup olive oil
2 to 3 Tbsps. lemon juice, to taste
1 clove garlic, pressed or minced
½ tsp. ground cumin
½ tsp. salt

*GF- Use GF Hot Dog Bun of choice

Instructions:

Bison Hot Dogs

1. Grill bison dogs over medium heat 6-9 minutes, turning frequently, or Stove top: Place bison dogs into boiling water, cover and boil 1 minute.
2. Warm buns in oven on lowest heat setting.
3. Serve with condiments of choice.

Red Cabbage Coleslaw

1. In a medium serving bowl, combine the prepared purple cabbage, carrots and parsley. Set aside.
2. Measure out your seeds into a small skillet. Toast over medium heat, stirring frequently, until the seeds are fragrant and the sunflower seeds are starting to make little popping noises. Pour the toasted seeds into the mixing bowl and toss to combine.
3. To make the dressing, in a small bowl, combine the olive oil with 2 Tbsps. lemon juice. Add the garlic, cumin and salt and whisk until thoroughly blended.
4. Drizzle the dressing over the slaw and toss until all of the ingredients are lightly coated in dressing. Taste and add an additional tablespoon of lemon juice if the slaw needs a little more zip. Serve immediately or cover and refrigerate to marinate for up to several hours.

Summer Squash Gratin & Peaches with Balsamic Cherries

GF*, V

Ingredients:

Gratin

4 Tbsps. olive oil, divided
¾ cup panko breadcrumbs*
½ cup grated Parmesan cheese
2 sweet candy onions, thinly sliced
2 cloves garlic, minced
2 Lbs. summer squash, cut crosswise into ¼-inch pieces

Instructions:

1. Arrange a rack in the middle of the oven and heat to to 400°F. Place 2 tablespoons of the oil, panko, and Parmesan in a medium bowl and mix to combine; set aside.
2. Heat the remaining 2 tablespoons oil in a 6- to 8-inch oven-safe frying pan or skillet over medium heat until shimmering. Add the onions and cook, stirring

<p>1 Tbsps. fresh thyme leaves Finely grated zest from 1/2 lemon 1/2 tsp. salt Freshly ground black pepper</p> <p><i>Peaches & Cherries</i> 1/2 Lb. cherries, halved and pitted 2 Tbsps. honey, plus more to taste 2 Tbsps. balsamic vinegar 1 Lb. peaches, sliced</p> <p>*GF: Use GF Panko crumbs</p>	<p>occasionally, until soft and fragrant, 3 to 4 minutes. Add the garlic and cook for 1 minute more.</p> <ol style="list-style-type: none"> Remove the pan from the heat and add the squash, thyme, lemon zest, and salt. Season with pepper, stir to combine, and spread into an even layer. Sprinkle the panko mixture evenly over the squash. Transfer the skillet to the oven and bake until the top is golden-brown, 25 to 30 minutes. Let cool for about 5 minutes before serving. <p><i>Peaches & Cherries</i></p> <ol style="list-style-type: none"> In a small saucepan, stir together the cherries, honey and balsamic vinegar, and place over a medium heat. Bring to a boil and continue to cook for 5 minutes, stirring occasionally. In a medium bowl toss the warm cherries and syrup with the sliced peaches, add more honey to taste and serve.
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Sheet Pan Chicken, Green Beans & Potatoes GF, DF	
<p>Ingredients: 2 lbs bone-in chicken legs 1 lb mixed color potatoes, 1-inch dice 1 Lb. green beans ¼ olive oil 2 Tbsps. fresh lemon juice 1 Tbsp. Italian seasoning 2 tsps. salt</p>	<p>Instructions:</p> <ol style="list-style-type: none"> Preheat the oven to 400 degrees. Place the chicken, potatoes, and green beans on a large baking sheet. In a small bowl combine lemon juice, olive oil, salt, and seasoning. Drizzle the mixture over the chicken, beans, and potatoes. Using your hands toss until everything is evenly coated. Place the pan in the center of the oven and roast for 50 minutes, until the chicken is golden brown and cooked through. The potatoes should be tender and green beans brown and lightly crisped.

Homemade Pizza and Salad GF, V	
<p>Ingredients: <i>Included</i> <i>Pizza</i> Rio Bertolini NY Pizza Dough OR Eat More Gluten-Free Pizza Dough (2 Pack) 15.5 oz. Field Day Organic Pizza Sauce</p>	<p>Instructions: <i>Pizza</i></p> <ol style="list-style-type: none"> Roll out pizza dough and place on a parchment paper lined baking sheet. Preheat oven to 400. Spoon on pizza sauce and distribute evenly. Sprinkle with cheese. Top with meats, veggies, spices, as desired.

<p>6 oz. Organic Valley Shredded Mozzarella Cheese</p> <p><i>Salad</i></p> <p>1 Head Local/Organic Romaine Lettuce, washed, torn and dried</p> <p>1 Local/Organic Cucumber, thinly sliced</p> <p>1 Local/Organic Slicer Tomato, cut into wedges</p> <p>1 Organic Bell Pepper, washed, seeded and cut into strips, then diced</p>	<p>2. Bake for 10-12 minutes until cheese and crust are browned.</p> <p><i>Salad</i></p> <p>1. Assemble salad in large serving bowl, starting with lettuce, cucumbers, tomato, and bell peppers. Drizzle with dressing of choice. Toss to evenly coat.</p>
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<p>MEPD Shopping List</p> <p>Produce: Medium Sized Bin \$38 Includes: Sungold Cherry Tomatoes – 1 Pint – Local, Organic - Ivy Creek Family Farm Sweet Candy Onion – 1 Pound – Local, Organic - Ivy Creek Family Farm Red Cabbage – 1 Head – Local, Organic – Freedom Farm Mixed Salad Mix – 5 Ounces – Local, Organic – Greenshine Farm Peaches – 1 Pound – Local, IPM – Parker Orchard Green Beans – 1 Pound – GA, Organic – Crosset Organics Cherries – 1 Pound – WA, IPM – Crosset Organics Mixed Summer Squash – 1 Pound - Local, Organic – New Appalachia Mixed Color Potatoes – 2.5 Pounds – Local, Organic – Freedom Farm Cucumbers – 2 Pieces – Local, Organic – New Sprout Farm</p> <p>Add-On Produce: Garlic \$2.99 carrots \$2.99 Lemons \$3.99 Parsley \$2.99 Fresh Basil \$2.99 Fresh Thyme \$2.99</p> <p>Bakery: 6 pack Sprouted Wheat Hot Dog Buns \$5.99</p> <p>Meat: 6 pack Carolina Bison Hot Dogs \$9.99 2 Lbs. Chicken Legs \$12.98</p> <p>Prepared: 2 portions Rio Bertolini Whole Wheat Spaghetti \$6.98 Homemade Pizza Kit \$19.99</p> <p>Total: \$112.87 Price Per Serving: \$5.65</p>	<p>Pantry</p> <p>Oils/Fats: Oreno Olive oil \$14.99</p> <p>Vinegar: Balsamic vinegar</p> <p>Herbs/Spices: Salt Pepper Crushed red pepper Cumin Italian seasoning</p> <p>Condiments/Sweeteners: Honey \$11.99</p> <p>Nuts/Seeds: Sunflower seeds</p> <p>Dairy: Parmesan Cheese</p> <p>Grocery: Panko Breadcrumbs</p>
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