



**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 5-22-2017

Memorial Day Cook Out

Grassfed Hamburger Kit * Creamy Dijon-Dill Potato Salad * Watermelon-Blueberry Mint Salad * Grilled Corn on the Cob * Strawberry Rhubarb Pie ~ Rhu Bakery

Greek Salad with Avocado & Grilled Chicken

Lemon Walnut Green Bean Salad with Penne Pasta

Memorial Day Cook Out

Grassfed Hamburger Kit * Creamy Dijon-Dill Potato Salad * Watermelon-Blueberry Mint Salad * Grilled Corn on the Cob * Strawberry Rhubarb Pie ~ Rhu Bakery

Ingredients:

Grassfed Hamburger Grilling Kit

Includes:

- 6 Homemade Hamburger Buns - Rhu Bakery
- 1 Pound Hickory Nut Gap Ground Beef
- 1 Head Local/Organic Romaine Lettuce
- 2 Local/Organic Slicer Tomatoes
- 1 Organic Red Onion
- 1 Block Grass-Fed Cheddar Cheese

Creamy Dijon-Dill Potato Salad

- 2.5 Lbs. Yukon Gold Potatoes, peeled and cubed
- 2 stalks of celery, chopped
- 1 cup mayonnaise
- 1 red onion, finely chopped
- ¼ cup finely chopped dill
- 2 Tbsp. Apple Cider Vinegar
- ½ lemon, juiced
- 1 Tbsp. Dijon Mustard
- Salt and pepper to taste

Instructions:

Grassfed Hamburger Grill Kit

1. Thaw beef if frozen. Place beef in bowl and season with salt and pepper, and other spices as desired. Patty into desired size. Divided into 4 patties, 1 Lb. Grassfed Beef makes 4 quarter pound burgers.
2. Prepare platter of toppings: Sliced tomatoes, leaves of lettuce, sliced red onion, and sliced cheese.
3. Toast Rhu Hamburger Buns if desired. Grill Hamburgers to desired temperature. Enjoy!

Creamy Dijon-Dill Potato Salad

1. Put the potatoes in a big pot with enough water to cover by 1-inch. Season with salt and bring the water to a boil. Cook just until the potatoes are tender when pierced with a fork, about 25 minutes.
2. Drain the potatoes and return them to the uncovered pot off the heat. Let them sit until almost room temperature.
3. Meanwhile, cut the white parts off the ends of the celery stalks. Cut the stalks in half lengthwise, then across into 1/4-inch slices. Stir the celery, 3/4 teaspoon salt, and the remaining ingredients together in a serving bowl large enough to hold all the potatoes.

<p>Watermelon-Blueberry Mint Salad 1 Mini Watermelon, cut into 1” chunks, rind discarded 1 pint blueberries, washed 1 Tbsp. juice from lemon, plus zest 3 Tbsp. olive oil ¼ cup roughly chopped mint leaves Salt and pepper to taste 6 oz. Three Graces Dairy Bee’s Knees Goat Cheese, crumbled</p> <p>Grilled Corn on the Cob 6 ears of corn in husks Butter Salt and pepper to taste</p>	<p>4. When they're cool, cut the potatoes into 1-inch pieces, add them to the bowl as you go. Stir gently until all the potatoes are coated with dressing.</p> <p>*You can make the salad up to a couple of hours in advance.</p> <p>Watermelon-Blueberry Mint Salad</p> <ol style="list-style-type: none"> 1. Place watermelon chunks and blueberries in large bowl. In separate bowl, combine lemon juice and zest, olive oil, mint, salt and pepper. Whisk to combine. 2. Pour dressing over fruit, and gently stir to combine. 3. Pour goat cheese over fruit, and gently fold in. 4. Drizzle with more olive oil, and pepper if desired. Chill until ready to serve. <p>Grilled Corn on the Cob</p> <ol style="list-style-type: none"> 1. Prepare grill to high heat. 2. The corn husks will protect the corn from drying out while on the hot grill. 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 15-20 minutes. 3. Remove the corn from the grill. Let them stand for about 5 minutes before handling. Remove the silks and charred husks from the corn. If needed, use a damp towel to protect hands and wipe charred bits from cob. 4. Serve with butter, salt and pepper to taste.
--	---

<p align="center">Greek Salad with Avocado & Grilled Chicken DF, GF*</p>	
<p>Ingredients:</p> <p><i>Grilled Chicken-</i> 1 Lb. Balsam Gardens Pastured Chicken Breast, thawed and pounded flat 2 Tbsp. olive oil 1 tsp. Dried oregano 2 cloves garlic, minced Salt and pepper to taste</p> <p><i>Salad-</i> 1 head Romaine lettuce, chopped 2 avocados, pitted, peeled and chopped 1 pint grape tomatoes, halved 1 red onion, thinly sliced</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Pound chicken flat with a meat tenderizer, or slice chicken breasts in half to make them thinner. In a medium bowl combine the chicken, olive oil, oregano, garlic, salt and pepper. Heat a large heavy duty pan to medium heat and brown chicken 5-6 minutes per side. (Can also be prepared on the grill). Remove from pan, cool for 5 minutes, then slice or chop. 2. Combine all the ingredients for the dressing in a mason jar and shake to combine, or whisk in a small bowl. 3. In a large bowl, combine the chopped salad ingredients. Top with sliced chicken and avocado,

<p>2 cucumbers, peeled, seeded and cut into crescent moons ½ cup herbed goat cheese or feta ½ cup pitted Kalamata olives</p> <p><i>Dressing-</i> ½ cup olive oil 4 Tbsps. Apple Cider Vinegar Juice of 1 lemon 2 small garlic cloves, minced 1 tsp. Dijon mustard 1 tsp. Dried oregano Salt and pepper to taste</p> <p>Rhu Ciabatta Loaf* *GF Option: Consider Eat More Bakery Herbed Focaccia</p>	<p>and drizzle with dressing. Reserve a portion of dressing for dipping Ciabatta bread.</p> <p>4. Cut Rhu Ciabatta loaf into strips, and toast lightly. Dip into dressing and serve with Greek Salad.</p>
--	---

Lemon Walnut Green Bean Salad with Penne Pasta
DF, V, GF*

<p>Ingredients: 1 Lb. fresh green beans, ends trimmed 1 cup walnuts, toasted 4 Tbsps. chopped scallions 4 Tbsp. olive oil 4 Tbsp. freshly squeezed lemon juice 1 tsp. lemon zest 1 Lb. penne pasta, prepared per instructions* Salt and pepper to taste</p> <p>*GF Option: Consider Tinkyada GF Penne Pasta</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Preheat oven to 400 degrees. 2. Bring a soup pot of salted water to a boil. Prepare pasta per instructions. During the cooking, place green beans in a colander, and drop into the top of the pasta water. Blanch for about 4 minutes or to desired doneness. Remove green beans and run under ice cold water to stop the cooking process. 3. Place drained pasta and green beans until large bowl. 4. Place the walnuts onto a baking sheet, and roast for 8-10 minutes. Place on a plate to cool, and chop. Add to green beans and pasta. 5. Add the remaining ingredients to the bowl and toss together well to incorporate. Serve and enjoy!
--	---

MEPD Shopping List

Produce:

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

Includes:

Blueberries – 1 Pint – Local, Organic
Sweet Corn – 6 Pieces – GA, Non-GMO
Green Beans – 1 Pound – FL, Organic
Romaine Lettuce – 1 Head – Local, Organic
Yukon Gold Potatoes – 2.5 Pounds – Local, Organic
Red Onion – 2 Pieces – GA, Organic
Mini Watermelon – 1 – GA, IPM
Cucumbers – 2 Pieces – GA, Organic
Grape Tomatoes - 1 Pint – GA, Organic

Add-On Produce:

[Avocados \\$4.99](#)

[Garlic \\$2.99](#)

[Scallions \\$1.99](#)

[Celery \\$4.99](#)

[Lemons \\$3.99](#)

[Garlic \\$2.99](#)

Meat:

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

Dairy:

[Three Graces Dairy Bee's Knees Goat Cheese \\$6.99](#)

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

Pantry:

[Bionaturae Penne Pasta \\$3.99](#)

Prepared:

[Grassfed Hamburger Grilling Kit \\$24.99](#)

Includes:

6 Homemade Hamburger Buns - Rhu Bakery
1 Pound Hickory Nut Gap Ground Beef
1 Head Local/Organic Romaine Lettuce
2 Local/Organic Slicer Tomatoes
1 Organic Red Onion
1 Block Grass-Fed Cheddar Cheese

Bakery:

[Rhu Bakery Ciabatta Loaf \\$5.99](#)

[Rhu Bakery Strawberry Rhubarb Pie \\$16.99](#)

Total: \$137.87

Price Per Serving: \$6.89

Pantry

Oils/Fats:

Olive oil
Butter

Vinegar:

Apple Cider Vinegar

Herbs/Spices:

Salt
Pepper
Oregano
Mayonaise
Fresh dill
Dijon Mustard
Fresh Mint Leaves

Nuts/Seeds:

Walnuts

Grocery:

Kalamata olives