



*fred\*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 7-4-2017**

**Shrimp, Chorizo & Pineapple Tacos with Strawberry Salsa**  
**Grass Fed Skirt Steak with Balsamic Red Onions & Yellow Squash Ribbons**  
**Red Chard Frittata with Roasted Red Potatoes & Sliced Tomatoes**  
**Fresh Peach, Tomato, and Goat Cheese with Heirloom Lettuce Salad**  
**Napa Cabbage Stir Fry with Citrus-Sesame Sauce**

### **Shrimp, Chorizo & Pineapple Tacos with Strawberry Salad** **GF, DF**

#### **Ingredients:**

##### *Tacos*

2 Tbsp. olive oil  
 1 Lb. Mother Ocean Market Shrimp, thawed  
 Hickory Nut Gap Farm chorizo  
 Salt and pepper  
 ¼ fresh pineapple, peeled, cored and cubed  
 1 bunch green onions, chopped  
 2 jalapenos, thinly sliced  
 ½ cup cilantro, chopped  
 2 cloves garlic, chopped  
 2 limes juiced, 1 cut into wedges  
 Shredded Napa Cabbage (reserve majority for stir fry)  
 16 Tortillaria Molina Tortillas  
 Hot sauce

##### *Strawberry Salsa*

Juice and zest from 1 medium lime  
 1.5 tsps. honey or maple syrup  
 Pinch of fine sea salt  
 1 pint of strawberries, hulled and diced  
 1 jalapeño pepper, seeded and chopped  
 ½ small red onion, chopped  
 ½ cup chopped fresh cilantro  
 Freshly ground black pepper, to taste

#### **Instructions:**

##### *Tacos*

1. In a large skillet, heat the oil over medium high heat. Add the chorizo, breaking it up while cooking, and heating until crispy, approx 2-4 minutes.
2. Add the shrimp and season with salt and pepper.
3. Add the pineapple and toss with tongs until the shrimp is opaque and pineapple is slightly browned.
4. Add the green onions, cilantro, jalapenos, and garlic.
5. Add the lime juice and remove from heat.
6. Cook the tortillas directly over a gas flame, or under a broiler for 1-2 minutes until charred mark appear.
7. Serve the shrimp filling with tortillas, cabbage, hot sauce and lime wedges.

##### *Strawberry Salsa*

1. In a large bowl, whisk together the lime juice and zest, honey and salt. Stir in the strawberries, jalapeño, onion and cilantro. Add pepper, to taste, and mix well. Adjust the seasonings if needed.

## Grass Fed Skirt Steak with Balsamic Red Onions & Yellow Squash Ribbons

GF, DF

### Ingredients:

1 Hickory Nut Gap Farm Skirt Steak  
Salt and pepper  
5 Tbsp. olive oil  
2 large red onions, halved and sliced thinly  
2 sprigs rosemary  
¼ cup balsamic vinegar  
¼ cup red wine  
1 Lb. yellow squash, ribboned  
4 cloves garlic, chopped  
1 tsp crushed red pepper  
1 lemon, juiced

### Instructions:

1. Bring the steak to room temperature and season with salt and pepper.
2. Preheat a cast iron skillet over medium high heat.
3. In another large skillet, heat 2 Tbsps. olive oil over medium high heat. Add the onions, and rosemary and cook until onions are tender, approximately 20 minutes. Add the vinegar, and wine and toss until the onions are coated and glazed, 5-7 minutes. Discard the rosemary.
4. Using a vegetable peeler, peel long strips of yellow squash lengthwise to form ribbons. In a large skillet, heat 2 Tbsps. of olive oil over medium high heat. Add the yellow squash ribbons and cook, tossing often until crisp and tender, 3-5 minutes. Add the garlic and crushed red pepper; season with salt. Toss until garlic is fragrant, then add the lemon juice and remove from the heat..
5. Add the remaining 1 Tbsp. of oil to a cast iron skillet. Add the skirt steak and cooking to preferred temperature.
6. Add the butter and garlic with the pan drippings, about 1 minutes. Douse with the remaining 2 Tbsp. of lemon juice.
7. Remove steak from heat. Slice against the grain into thin strips. Serve the strips with onions and yellow squash ribbons.

## Red Chard Frittata with Roasted Red Potatoes and Sliced Tomatoes

GF, V

### Ingredients:

*Red Chard Frittata*  
4 tsps. olive oil, divided  
1 thinly sliced onion  
1 bunch red chard, trimmed and thinly sliced  
1/2 tsp, salt, divided  
1/4 teaspoon freshly ground black pepper  
2 Tbsps. chopped fresh flat-leaf parsley  
4 Tbsps. fresh basil leaves, divided

### Instructions:

1. Preheat oven to 375 degrees. Heat a 10-inch ovenproof nonstick skillet over medium-low heat. Add 2 teaspoons olive oil to pan; swirl to coat. Add thinly sliced onion; cook 12 minutes or until onion is tender, stirring occasionally. Add chard; cook 10 minutes or until chard is tender, stirring occasionally. Sprinkle with 1/4 teaspoon salt and black pepper.

<p>1 clove minced garlic 4 large eggs, lightly beaten 3 oz. goat cheese</p> <p><i>Roasted Red Potatoes</i> 2.5 Lbs. small red potatoes 1/4 cup olive oil 1 1/2 tsps. salt 1 tsp. freshly ground black pepper 6 cloves garlic, minced</p> <p><i>Sliced Tomatoes</i> 1 Lb. tomatoes, sliced 1/4" inch thick Olive oil Balsamic vinegar Salt and pepper</p>	<ol style="list-style-type: none"> <li>2. Combine parsley, 2 Tbsps. basil, garlic, eggs, and remaining 1/4 teaspoon salt, stirring with a whisk. Add chard mixture to egg mixture. Stir in goat cheese.</li> <li>3. Bake skillet at 375 for 30 minutes.</li> <li>4. Remove from oven. Cut frittata into 4 wedges.</li> </ol> <p><i>Roasted Red Potatoes</i></p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 375 degrees F.</li> <li>2. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into 1 layer. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning.</li> <li>3. Remove the potatoes from the oven, season to taste, and serve hot.</li> </ol> <p><i>Sliced Tomatoes</i></p> <ol style="list-style-type: none"> <li>1. Prepare sliced tomatoes on a serving plate. Drizzle with olive oil, balsamic vinegar, and dash with salt and pepper to taste.</li> </ol>
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**Fresh Peach, Tomato, and Goat Cheese with Heirloom Lettuce Salad**  
**GF, V**

<p><b>Ingredients:</b></p> <p>1/3 cup balsamic vinegar 1 garlic clove, minced 2 tablespoons honey 2 tablespoons olive oil 1/8 teaspoon salt 2 large fresh peaches, peeled and diced 2 tablespoons chopped fresh basil 1 Lb. slicer tomatoes, cut into wedges 3 ounces crumbled goat cheese Freshly ground pepper to taste</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Whisk together balsamic vinegar, minced garlic, honey, olive oil, and salt.</li> <li>2. Stir in diced peach and chopped fresh basil. Spoon over sliced heirloom tomatoes; top with crumbled goat cheese. Sprinkle with freshly ground pepper to taste. Drizzle with vinaigrette and serve.</li> </ol>
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## **Napa Cabbage Stir Fry with Citrus-Sesame Sauce and Asian Cucumber Salad** **GF, DF, V**

### **Ingredients:**

Napa cabbage, shredded  
8 oz. crimini mushrooms, washed and sliced  
1 bunch carrots, sliced on a bias  
2 Tbsps. olive oil

### *Citrus-Sesame Sauce*

½ cup tahini  
⅓ cup lemon juice  
2 Tbsps. soy sauce  
1 Tbsp. sesame oil  
1 Tbsp. grated ginger  
2 tsps. Freshly grated lemon zest  
2 tsps. Toasted sesame seeds  
1 tsp. Salt

### *Asian Cucumber Salad*

2 thinly sliced cucumbers  
¼ cup finely sliced red onion  
¼ cup rice wine vinegar  
1 tsp. honey  
1 tsp. sesame seeds  
½ tsp. sesame oil  
¼ tsp red pepper flakes  
½ tsp. sea salt

### **Instructions:**

#### *Stir Fry*

1. Prepare large skillet with 2 Tbsps. olive oil over medium high heat. Add carrots first, then mushrooms, and cabbage. Saute until vegetables are tender.
2. Add the citrus-sesame sauce to the skillet with vegetables, and toss well to combine. Remove from heat and serve.

#### *Citrus-Sesame Sauce*

1. Whisk all of the ingredients together in a bowl. Transfer to a lidded container and refrigerate until ready to use.

#### *Asian Cucumber Salad*

1. Add thinly sliced cucumber, sliced red onion and sesame seeds to a medium size bowl. Set aside.
2. In a small bowl mix together rice wine vinegar, honey, sesame oil, red pepper flakes, and sea salt .
3. Add dressing to the cucumber bowl. Toss to mix everything.
4. Serve immediately or cover and let sit in the refrigerator for an hour or two to let all the flavors meld.

## MEPD Shopping List

### Produce:

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

#### Includes:

Yellow Squash – 1 Pound – Local, Organic – Ten Mile Farm  
Cucumbers – 2 Pieces – Local, Organic – Ivy Creek Family Farm  
Slicer Tomatoes – 1 Pound – FL, Organic – Lady Moon Farm  
Peaches – 1 Pound – Local, IPM – Parker Orchard  
Mixed Heirloom Lettuce – 5 Ounces – Local, Organic – Green Shine Farm  
Red Chard – 1 Bunch – Local, Organic – Cane Creek Valley Farm  
Strawberries – 1 Pound – CA, Organic – Crosset Organics  
Napa Cabbage – 1 Head – Local, Organic – Freedom Farm  
Red Potatoes – 2.5 Pounds - GA, Organic – Crosset Organics

### Add-On Produce:

[Lemons \\$3.99](#)

[Garlic \\$2.99](#)

[Green onions \\$2.49](#)

[Cilantro \\$2.99](#)

[Red onions \\$2.99](#)

[Yellow onions \\$2.99](#)

[Parsley \\$2.99](#)

[Crimini mushrooms \\$4.99](#)

[carrots \\$2.99](#)

### Eggs/Dairy:

[1 Dozen Queen B Eggs \\$5.99](#)

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

### Meat:

[Shrimp \\$17.95](#)

[Chorizo \\$8.99](#)

[Skirt Steak \\$9.99/Lb](#)

### Prepared:

[Tortillas \\$4.99](#)

**Total: \$122.31**

**Price Per Serving: \$6.12**

## Pantry

### Oils/Fats:

Olive oil

[butter \\$11.99](#)

Sesame oil

### Vinegar:

Red Wine Vinegar

Balsamic vinegar

Rice wine vinegar

### Herbs/Spices:

Salt

Pepper

### Condiments/Sweeteners:

Maple Syrup

Crushed red pepper

Fresh basil

Honey

Soy sauce

Sesame seeds

Tahini

### Produce:

Jalapenos

Limes

Rosemary

### Libations:

Red wine