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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 9-5-2017

Roasted Butternut Squash, Apple and Pomegranate Salad

Pork Chops with Apples and Caramelized Onions, Hasselback Maple Pecan Sweet Potatoes

Kale and Egg Pizza & Red Leaf Lettuce Salad

Linguini with Sausage, Mixed Sweet Peppers and Heirloom Tomatoes

Sweet Daisy Bake Shop Broccoli Cheddar Quiche & French Carrot Salad

Roasted Butternut Squash, Apple and Pomegranate Salad

GF, V

Ingredients:

Salad

- 1 Butternut Squash, peeled, seeded and cut into bite-size pieces
- 2 Tbsp. olive oil
- 1 tsp. Salt
- 5 oz. Mixed Lettuce Salad
- 2 Gala Apples, cored and sliced
- ½ cup Balsamic Vinaigrette*
- 6 oz. goat cheese, crumbled
- ¼ cup walnuts, toasted and chopped
- ¼ cup pomegranate seeds

Balsamic Vinaigrette

- ⅓ cup balsamic vinegar
- ¼ tsp. salt
- ¼ tsp. black pepper
- ⅔ cup olive oil

Instructions:

Salad

1. Preheat oven to 400. Line a baking sheet with parchment paper
2. In a bowl, toss the squash with the olive oil and salt. Arrange the squash in a single layer on the prepared sheet. Bake for 20 to 25 minutes, until the squash is lightly browned. Remove from the oven and let cool for 10 minutes.
3. In a salad bowl, toss together the mixed greens, squash, apple and Balsamic Vinaigrette. Top with the goat cheese, walnuts and pomegranate seeds before serving.

Balsamic Vinaigrette

1. Put the vinegar, salt and pepper into blender or food processor. Pulse to combine the ingredients. With the machine running, slowly drizzle in the oil and blend until the dressing is emulsified. Pour into a lidded container and refrigerate until ready for use. Shake well before using.

Pork Chops with Apples and Caramelized Onions, Hasselback Maple Pecan Sweet Potatoes

GF

Ingredients:

Hasselback Maple Pecan Sweet Potatoes

4 sweet potatoes
2 Tbsp olive oil
Salt and pepper, to taste
4 Tbsp butter, melted
2 tsps ground cinnamon
½ cup chopped pecans
⅓ cup maple syrup
1 tsp pure vanilla extract
1 tsp salt

Pork Chops with Apples and Caramelized Onions

2 Tbsp olive oil divided
2 [Hickory Nut Gap Farm Boneless Pork Chops](#),
cut in half to 4 oz portions
Salt and pepper to taste
¾ cup chicken broth
1 tsp Lusty Monk mustard
1 Tbsp dried sage
1 ½ tsp dried rosemary
½ tsp thyme
½ tsp salt
¼ tsp black pepper
3 apples, thinly sliced
2 onions, thinly sliced

Instructions:

Hasselback Maple Pecan Sweet Potatoes

1. **Preheat oven to 425.** Place a sweet potato between two chopsticks for stability and knife guidance. Every ¼-inch along the length of the sweet potato, slice ⅞ of the way through, or until the knife hits the chopsticks. (The chopsticks will help prevent the knife from cutting all the way through the sweet potato.) Repeat with each potato.
2. Brush the sweet potatoes with olive oil. Place in a small baking dish and season with salt and pepper to taste. Bake the sweet potatoes for 30 to 40 minutes, or until soft.
3. Remove the sweet potatoes from the oven, and **increase the oven temperature to 450 degrees F.** In a small bowl, combine the melted butter, ground cinnamon, chopped pecans, maple syrup, vanilla extract, and kosher salt. Stir to mix. Spoon the maple syrup mixture over and in between the baked sweet potato slices, pushing the pecan pieces in between each slice.

Pork Chops with Apples and Caramelized Onions

1. Season both sides of pork chops with salt and pepper. Add 1 Tbsp of olive oil to large heavy bottomed pan, and heat over medium high heat. Add pork chops to pan, leaving at least an inch between the chops. Sear for 3-5 minutes per side. (Chops will continue to cook in sauce later). Remove pork chops to a plate.
2. In a small mixing bowl, whisk together chicken stock and mustard, set aside. Add remaining 1 Tbsp olive oil to pan, then add apples and onions. Cook for 4 minutes, stirring occasionally. Season with salt, pepper, sage, rosemary, thyme. Stir to combine.
3. Pour in stock mixture, using a wooden spoon, gently scrape the bottom of the pan to release any brown bits. Slide pork chops back into pan, nestling them between the apple mixture.
4. Cook for 2-3 minutes until pork chops are finished cooking, and cooking liquid has reduced by half.

Kale and Egg Pizza & Red Leaf Lettuce Salad

GF*, DF, V

Ingredients:

Pizza

1 bunch kale
3 Tbsp. olive oil, divided
3 cloves of garlic, chopped
¼ medium onion, diced
1 tsp. red pepper flakes
2 Rio Bertolini NY Style Pizza Dough Balls or 2 pizza crusts of choice*
2 cups shredded mozzarella cheese
4 Queen B eggs

*Consider Eat More Bakery GF Crust.

Salad

1 bunch red leaf lettuce, washed, dried and torn
1 avocado, peeled, pitted and sliced
Olive oil
Balsamic vinegar
Salt and pepper to taste

Instructions:

Pizza

1. Wash, dry and stem kale. Tear into 2 inch pieces.
2. Heat 1 Tbsp. of olive oil in a large skillet, add the garlic and onions and cook over low heat, stirring occasionally, until golden brown.
3. Add kale and pepper flakes to the skillet, season with salt and pepper, and cook, covered, over medium to low heat for 5 minutes, turning occasionally until kale is wilted. Reserve.
4. Prepare pizza crusts per instructions.
5. Heat oven to 450 F. Spread 1 Tbsp of olive oil on each pizza, top with ½ cup of cheese and kale. Crack 2 eggs on top of each pizza, being careful to not break the yolks. Season with salt and pepper. Bake for 6-8 minutes (follow crust instructions/watch for golden brown) and serve.

Salad

1. Prepare lettuce and avocado. Place in a serving bowl.
1. Drizzle olive oil and splash balsamic to dress. Salt and pepper to taste.

Linguini with Sausage, Mixed Sweet Peppers and Heirloom Tomatoes

GF*

Ingredients:

2 portions (serves 4) Rio Bertolini Herbed Linguini*
2 Tbsp olive oil
1 pound Italian Sausage, casings removed
1 pint mixed sweet peppers, cut into ¼ inch strips
2 Heirloom tomatoes, chopped
Red-pepper flakes
Grated romano cheese, for serving

*GF option: Use Tinkyada Penne Pasta

Instructions:

1. In a large pot of salted, boiling water, cook pasta according to instructions. Reserve ½ cup pasta water, then drain.
2. Meanwhile in a large skillet, heat 1 Tbsp. olive oil over medium high. Add sausage and cook, breaking apart with slotted spoon, until cooked through. With slotted spoon, transfer sausage to bowl.
3. Add 1 Tbsp. oil and peppers and cook, stirring occasionally, until browned in spots. Add tomatoes. Cook 1 minute. Add ¼ cup pasta water and cook until tomatoes soften, 4 minutes. Return sausage to pan. Season with red-pepper flakes. Cook until sausage is warmed through and juices thicken slightly, about 2 minutes. Toss with

pasta; if necessary, add remaining pasta water to create a light sauce that coats pasta. Serve with romano cheese.

Sweet Daisy Bake Shop Broccoli Cheddar Quiche & French Carrot Salad

V

Ingredients:

Quiche

Sweet Daisy Bake Shop Broccoli Cheddar
Quiche

Carrot Salad

1 bunch carrots
1 teaspoon Lusty Monk mustard
3 tablespoons lemon juice
¼ cup of olive oil
1 tsp. Honey
½ tsp. cumin seeds, toasted
½ tsp. fennel seeds, toasted
1 bunch radishes, sliced thin
3 Tbsp. chopped parsley

Instructions:

Quiche

1. Prepare quiche per instructions

Carrot Salad

1. Grate 1 bunch carrots, large grate. Place in medium sized mixing bowl.
2. Thinly slice radishes, chop parsley, and lightly toast cumin and fennel seeds. Place in bowl with carrots.
3. Prepare a vinaigrette with the Lusty Monk mustard, olive oil and honey. Whisk to combine.
4. Drizzle vinaigrette on top of the carrot mixture, and fold into combine. Serve with quiche.

MEPD Shopping List

Produce:

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

Includes:

Butternut Squash – 1 – Local, Organic – Cottle Farm
Heirloom Tomatoes – 2 Pieces – Local, Organic – Flat Creek Farm
Mixed Salad Lettuce – 5 Ounces – Local, Organic – Greenshine Farm
Gala Apples – 2 Pounds – Local, IPM – Parker Orchard
Sweet Potatoes – 2.5 Pounds – Local, Organic – New Sprout Farm
Mixed Sweet Peppers – 1 Pound – Local, Organic – R Farm/Flat Creek Farm
Sweet Candy Onions – 1 Pound – Local, Organic – Ivy Creek Family Farm
Green Kale – 1 Bunch – Local, Organic – Cottle Farm
Carrots – 1.25 Pounds – Local, Organic – Clem's Organic Nursery

Add-On Produce:

[Avocados \\$4.99](#)

[Garlic \\$2.99](#)

[Red leaf lettuce \\$3.49](#)

[radishes \\$3.99](#)

[Parsley \\$2.99](#)

[Lemons \\$3.99](#)

Eggs/Dairy:

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

[1 dozen Queen B Eggs \\$5.49](#)

[Shredded mozzarella \\$5.99](#)

Meat:

[HNG Pork Chops \\$9.99](#)

[Balsam Gardens Italian Sausage \\$8.99](#)

Prepared:

[Rio Bertolini Pizza Crust x 2 \\$5.98](#)

[Rio Bertolini Herbed Linguini x 2 \\$7.98](#)

Total: \$111.85

Price Per Serving: \$5.59

Pantry

Oils/Fats:

Olive oil
[butter \\$11.99](#)

Vinegar:

Balsamic vinegar

Herbs/Spices:

Salt
Pepper
Ground cinnamon
Vanilla extract
Dried sage
Dried thyme
Dried rosemary
Red pepper flakes
Fennel seeds
Cumin seeds

Condiments/Sweeteners:

Honey
[Lusty Monk mustard \\$6.99](#)
Maple Syrup

Nuts/Seeds:

Walnuts
pecans

Produce:

pomegranate

Dairy:

Romano cheese

Grocery:

Chicken Broth