



*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 1-9-2018

**Spaghetti Squash and Carolina Bison Meatballs**  
**Buttermilk Roasted Chicken, Maple Mashed Sweet Potatoes, Creamed Lacinato Kale**  
**Trout en Papillote with Roasted Broccoli & Grape Tomatoes and Grilled Romaine**  
**Blackberry Glazed Pork Chops with Apple-Brussels Sprouts Salad**  
**Stir Fried Hempeh, Carrots and Red Baby Bok Choy**

### Spaghetti Squash and Carolina Bison Meatballs

**GF, DF**

<p><b>Ingredients:</b></p> <p><b>Ingredients:</b></p> <p><i>Spaghetti Squash</i></p> <p>1 Local Spaghetti Squash</p> <p><i>Meatballs</i></p> <p>1 Lb. Carolina Bison, ground</p> <p>1 egg</p> <p>2 Tbsp. dried Italian seasoning</p> <p>1 tsp. Garlic powder</p> <p>1 tsp. Onion powder</p> <p>1 tsp. Salt</p> <p>¼ tsp. Black pepper</p> <p><i>Sauce</i></p> <p>1 pint Rio Bertolini Tomato Basil Sauce, thawed</p>	<p><b>Instructions:</b></p> <p><i>Spaghetti Squash</i></p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400.</li> <li>2. Halve raw spaghetti squash with a sturdy sharp knife, scoop out, and discard the seeds with a spoon.</li> <li>3. Place halves onto an oven safe cooking dish face up.</li> <li>4. Bake for 40 minutes</li> <li>5. Remove from oven and let cool. When cool enough to handle, use fork to scoop and separate squash strands into "spaghetti"</li> </ol> <p><i>Meatballs</i></p> <ol style="list-style-type: none"> <li>1. Preheat your oven to 400 F. Line a baking sheet with parchment paper.</li> <li>2. Combine all the ingredients in a large bowl, and mix with clean hands to combine. Don't overwork the meat because it'll end up making for tougher meatballs.</li> <li>3. Use a rounded ½ cup measure to portion out the meat. Gently roll into a ball and place on the baking sheet. Repeat this with the rest of the mixture.</li> <li>4. Bake for about 15 to 20 minutes or until the meat is cooked through.</li> <li>5. While meatballs and squash are baking, place sauce in a 2 quart sauce pan. Bring to a simmer. When meatballs are finished baking, gently place meatballs in sauce to incorporate flavors. Serve sauce over spaghetti squash.</li> </ol>
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# Buttermilk Roasted Chicken, Maple Mashed Sweet Potatoes, Creamed Lacinato Kale

GF

## Ingredients:

### *Chicken*

1 Queen B Whole chicken, thawed  
2 cups buttermilk  
¼ cup plus 2 tablespoons olive oil  
2 cloves garlic, lightly crushed  
1 Tbsp. crushed black peppercorns  
1 Tbsps. sea salt  
2 Tbsps. fresh rosemary leaves, roughly chopped  
1 Tbsp. honey

### *Sweet Potatoes*

4 medium sweet potatoes  
1/4 tsp. salt  
2 Tbsps. butter  
4 Tbsps. maple syrup  
2 tsps. cinnamon  
4 Tbsps. half-and-half

### *Kale*

1 bunch Lacinato kale, washed and torn  
2 Tbsps. unsalted butter  
2 large garlic cloves  
1/4 yellow onion, diced  
¼ cup half & half  
1/4 teaspoon fresh ground nutmeg  
salt and pepper to taste

## Instructions:

### *Chicken*

1. Butterfly chicken by placing breast side down and using heavy-duty kitchen shears to cut along both sides of backbone. Set aside backbone\*, turn chicken over and open it like a book. Press gently to flatten it.
2. Place chicken in a large freezer bag. Add buttermilk, 1/4 cup oil, garlic, peppercorns, salt, rosemary and honey. Seal bag securely and refrigerate overnight or up to two days.
3. Heat oven to 400 degrees. Remove chicken from marinade and place on a rack so excess can drip off. Line a roasting pan with foil and place chicken in pan. Drizzle with remaining 2 tablespoons oil. Roast for 45 minutes, then reduce heat to 325 degrees. Continue roasting until well browned and until juices run clear when chicken is pierced where leg joins thigh, about another 20 minutes.
4. Place chicken on a carving board and allow to rest for 10 minutes before cutting into serving pieces. Place a portion on each of four plates, and drizzle each serving with pan juices.

\*Retain backbone, and other bones and skin to prepare a bone broth. This is a great way to use the entire animal, as well as veggie scraps! The backbone is a great source of collagen.

### *Sweet Potatoes*

1. Bake sweet potatoes until tender. Let cool slightly, peel.
2. Mash with salt, butter, and maple syrup.
3. Add cinnamon to taste then continue to mash with the milk or half-and-half to desired consistency.

### *Kale*

1. Blanch the kale in lightly salted water until tender, rinse in ice water, drain and cut into 1/2-inch ribbons.
2. In a large saute pan over medium heat, melt the butter and add the kale, half & half and nutmeg. Reduce the heat to low and cook for 5 minutes, or until the cream has reduced and thickened.
3. Season with salt and pepper to taste.

**Trout en Papillote with Roasted Broccoli & Grape Tomatoes and Grilled Romaine**  
**GF**

**Ingredients:**

*Trout*

16 oz Sunburst Farm Trout Fillets

Olive Oil

Salt and Pepper to taste

Lemon Rounds

Chopped Parsley

*Broccoli and Tomatoes*

1 Lb. broccoli, chopped

½ yellow onion, diced

1 pint grape tomatoes

3 garlic cloves, minced

1/2 tsp. red pepper flakes

4 Tbsps. olive oil

1/2 tsp. salt

¼ tsp. fresh ground pepper

1/3 cup parmesan cheese

*Romaine*

1 romaine lettuce

1 tablespoon of olive oil

salt and ground black pepper to taste

**Instructions:**

*Trout*

1. Preheat oven to 400 degrees. Arrange 4x4 oz. fillets in the center of parchment rectangles. Season with salt and pepper and top with lemon rounds. Drizzle with olive oil. Fold parchment closed and transfer to a rimmed baking sheet.
2. Bake until fish is cooked through, 12 to 14 minutes.
3. Top with chopped parsley before serving.

*Broccoli and Tomatoes*

1. Preheat oven to 400 degrees F.
2. Add broccoli, onions, tomatoes, garlic, red pepper and oil into a large bowl.
3. Sprinkle with salt and pepper.
4. Toss to coat and spread onto a parchment paper lined large baking sheet.
5. Roast until the stems are tender-crisp and lightly golden brown. (about 18 min)
6. Grate the parmesan cheese over the broccoli while it's hot.
7. Serve and Enjoy!

*Romaine*

1. Slice romaine in half, lengthwise.
2. Drizzle with olive oil on the cut side and season with salt and ground black pepper to taste.
3. Place lettuce on a baking sheet and broil for 3-5 minutes, or until the desired charred is reached.
4. Serve with parmesan cheese

**Blackberry Glazed Pork Chops with Apple-Brussels Sprouts Salad**  
**GF, DF**

**Ingredients:**

*Pork Chops*

4 Hickory Nut Gap Farm Pork Chops

2 tsps. cinnamon

1 tsp. fresh thyme

salt and pepper, to taste

1 pint blackberries

1 cup balsamic vinegar

4 Tbsps. water

*Apple-Brussels Salad*

1 pound Brussels sprouts, trimmed, halved and thinly sliced

**Instructions:**

*Pork Chops*

1. Warm cast iron pan on stove to medium high heat
2. Place pork chops on a plate and cover pork chops in cinnamon, thyme, salt and pepper on both side and press into the pork chop.
3. While grill heats up, place a small saucepan over medium heat on your stove top and add your blackberries, balsamic vinegar, water, and a pinch of salt.
4. Let the sauce begin to mix together, stirring frequently to make sure it doesn't burn on the bottom

<p>2 Tbsps. apple cider vinegar  1 tsp. honey  1/2 tsp. sea salt  2 Tbsps. olive oil  2 Pink Lady apples, cored and cut into matchsticks</p>	<ol style="list-style-type: none"> <li>5. Turn heat to low and let the sauce simmer for about 3-5 minutes</li> <li>6. Then pour half of the sauce into a bowl (you can leave the blackberries in the saucepan because you'll just use them to top your chops off later)</li> <li>7. Use a glazing brush to glaze one side of your pork chop then place glazed side down onto your grill</li> <li>8. Then glaze the other side, cover grill and let cook for 5-7 minutes per side. Make sure your chop is cooked on both sides and cook completely through before removing from grill.</li> <li>9. Once pork chops are all done cooking, add to plate and top with your leftover blackberry sauce that has been simmering and thickening up</li> </ol> <p><i>Apple-Brussels Salad</i></p> <ol style="list-style-type: none"> <li>1. Fill a large bowl with ice water and set aside. Bring a Large pot of salted water to a boil over high heat. Add Brussels sprouts and cook until bright green, about 30 seconds. Drain and place in ice water until cool. Drain well and spread on a large towel-lined baking sheet to dry completely, about 30 minutes.</li> <li>2. In a small bowl, whisk together shallot, vinegar, honey and salt. Slowly whisk in oil until dressing is emulsified.</li> <li>3. Place sprouts and apples in a large bowl. Add dressing and toss to coat. Serve immediately for a fresh crunchy salad.</li> </ol>
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## Stir Fried Hempteh, Carrots and Red Baby Bok Choy

**GF\*, DF, V**

<p><b>Ingredients:</b></p> <p>Sweet Miso Ginger Marinated Hempteh Strips  1 Lb. Red Baby Bok Choy, chopped  1 Lb. carrots, cut into coins  2 Tbsps. Olive oil</p> <p>Stir Fry Sauce  1/2 cup soy or Tamari* sauce  1/2 cup vegetable broth (or water)  1 Tbsp. honey  1 tsp. Rice wine vinegar  2 tsps. ground ginger  2 cloves garlic, minced</p> <p>Rice  2 cups Lundberg Jasmine Rice</p> <p>*Use GF Tamari</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Prepare Jasmine rice per instructions</li> <li>2. Combine the soy sauce, broth, honey, vinegar, ginger and garlic in a mason jar. Seal and shake well, until incorporated.</li> <li>3. Warm large skillet or wok over medium high heat. Add olive oil when warm.</li> <li>4. Add carrots to skillet and cook for about 5 minutes. Add baby bok choy, and then hempteh. Once lightly sauteed, add the stir fry sauce and cook for about 5 minutes to meld flavors. Serve over Jasmine rice.</li> </ol>
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## MEPD Shopping List

### Produce:

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

#### Includes:

Red Baby Bok Choy – 1 Pound – FL, Organic  
Grape Tomatoes – 1 Pint – FL, Organic  
Lacinato Kale – 1 Bunch – FL, Organic  
Romaine Lettuce – 1 Head – FL, Organic  
Sweet Potatoes – 4 Pieces – Local, Organic  
Blackberries – 1 Pint – MX, Organic  
Brussels Sprouts – 1 Pound – CA, Organic  
Pink Lady Apples – 2 Pounds – Local, IPM  
Broccoli Crowns – 1 Pound – GA, Organic

### Add-On Produce:

[Garlic \\$2.99](#)

[Onions \\$2.99](#)

[Thyme \\$2.99](#)

[Spaghetti Squash \\$5.99](#)

[Rosemary \\$2.99](#)

[Lemons \\$3.99](#)

[Parsley \\$2.99](#)

[Carrots \\$2.99](#)

### Eggs/Dairy:

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

[1 pint half & half \\$3.25](#)

[Organic Valley Grated Parmesan Cheese \\$6.99](#)

### Meat/Protein:

[1 Lb. Carolina Bison \\$11.99](#)

[1 Queen B Whole chicken \\$4.99/Lb](#)

[1 Lb. Sunburst Farm Trout Fillets \\$13.99](#)

[Sweet Miso Ginger Marinated Hempteh Strips \\$6.99](#)

[2 packs. HNG Pastured Pork Chops \\$19.98](#)

### Prepared:

[Rio Bertolini Tomato Basil Sauce \\$5.99](#)

### Pantry:

[Lundberg Jasmine Rice \\$6.99](#)

**Total: \$163.05**

**Price Per Serving: \$8.15**

## Pantry

### Oils/Fats:

Olive oil

[butter \\$11.99](#)

### Vinegar:

Balsamic vinegar

Rice Vinegar

Apple cider vinegar

Rice wine vinegar

### Herbs/Spices:

Salt

Pepper

Red pepper flakes

Italian seasoning

Onion powder

Garlic powder

Cinnamon

Ground nutmeg

Ground ginger

### Condiments/Sweeteners:

Honey

Maple syrup

### Dairy:

Buttermilk

### Grocery:

Vegetable broth

Soy or Tamari Sauce