



*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 10-10-2017

Apple Onion Bruschetta and Red Leaf Lettuce Salad Kale Salad with Butternut Squash, Pomegranate & Pumpkin Seeds Baby Bok Choy and Carrots Stir Fry Sweet Potato, Chickpea, Cucumber and Tomato Bowl Local Taco Night

Apple Onion Bruschetta and Red Leaf Lettuce Salad GF*, V

<p>Ingredients:</p> <p><i>Apple-Onion Bruschetta</i> 2 sweet candy onions, sliced 3 Tbsps. Calvados or apple juice Rhu Bakery Baguette* 3 Stayman apples, slice 4 oz. Havarti cheese, grated</p> <p>*GF option: Eat More Bakery Focaccia</p> <p><i>Red Leaf Lettuce Salad</i> 1 head Red Lettuce Bragg's Healthy Vinaigrette Salt and pepper to taste</p>	<p>Instructions:</p> <p><i>Apple-Onion Bruschetta</i></p> <ol style="list-style-type: none"> 1. Cook 2 sliced onions in oil over medium heat until caramelized, 35 minutes. 2. Add 3 tablespoons Calvados (or apple juice) and cook until evaporated. 3. Spread on Rhu Bakery baguette slices, top with apple slices and sprinkle with grated Havarti cheese. 4. Broil until the cheese melts. <p><i>Red Leaf Lettuce Salad</i></p> <ol style="list-style-type: none"> 1. Add mixed lettuce greens to serving bowl. 2. Drizzle with Bragg's Healthy Vinaigrette 3. Season with salt and pepper to taste
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Kale Salad with Butternut Squash, Pomegranate & Squash Seeds GF, V

<p>Ingredients:</p> <p>1 large butternut squash, peeled cut into 3/4" cubes 1/2 cup, plus 4 tsps. olive oil, divided Salt and pepper to taste</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Heat oven to 425°F. On a rimmed baking sheet, toss together squash, 2 tsp. olive oil, 1/2 tsp. salt, and 1/4 tsp. pepper. On a separate baking sheet, lay out olive oil and salt covered squash seeds.
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<p>1 whole head garlic Seeds of butternut squash, roasted Juice of 1 lemon 2 Tbsp. Lusty Monk mustard 2 tsps. maple syrup 1 Tbsp. minced onion 1 large bunch lacinato kale 1 cup Organic Valley grated Parmesan Cheese Seeds of 1 large pomegranate (optional)</p>	<ol style="list-style-type: none"> 2. Place whole head of garlic on a sheet of aluminum foil, drizzle with 1 tsp. oil, wrap securely in foil and place on baking sheet with squash. 3. Roast, stirring squash occasionally after the first 12-15 minutes, until squash is golden and tender and garlic is tender, 35–40 minutes. At this time, remove the squash seeds from oven. 4. Remove garlic and squash from oven and set aside to cool. Meanwhile, heat 1 tsp. oil in a small skillet over medium-high heat. 5. Add pumpkin seeds and cook, stirring occasionally, until about half are golden brown, 2–3 minutes. 6. Transfer to a paper towel-lined plate and season with 1/4 tsp. salt. Set aside. Cut off the top of the garlic head and squeeze all of the softened garlic into a medium bowl. 7. Whisk in the lemon juice, maple syrup, mustard, onion, 1 tsp. salt and 1/8 tsp. pepper, then whisk in oil in a slow, steady stream. 8. In a large mixing bowl, combine kale with about 3/4 of the dressing, and use your hands to massage the dressing into the kale. Add more dressing as needed (you may not need all of it). Reserve any leftover dressing for another use. 9. Add roasted squash, Parmesan, and pomegranate seeds to bowl; toss together to combine, and season with salt and pepper to taste. Transfer to a serving bowl, and sprinkle with squash seeds.
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Baby Bok Choy and Carrots Stir Fry GF, DF, V	
<p>Ingredients:</p> <p>2 Tbsps. olive oil 1 Tbsps. minced garlic 1 Tbsp. minced peeled fresh ginger 1 Lb. baby bok choy, cut crosswise into 1-inch-wide ribbons 6 carrots, peeled, shaved into ribbons 3 Tbsps. Soy or Tamari* Sauce 2 Tbsps. Sesame oil</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare the Jasmine Rice per instructions. 2. In a large wok, heat the oil over medium heat. 3. Add the garlic and ginger and sauté for 30 seconds, or until fragrant and tender. 4. Add the bok choy and carrots and stir for 5 to 10 minutes, or until the green parts of the bok choy has wilted and the white parts are crisp-tender. Season to taste with salt.

2 cups Jasmine Rice, prepared per instructions	<ol style="list-style-type: none"> 5. Add soy sauce and sesame oil 6. Divide the vegetables evenly among 4 plates and serve over Jasmine Rice
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Sweet Potato, Chickpea, Cucumber and Tomato Bowl
GF, DF, V

<p>Ingredients:</p> <p><i>Salad</i></p> <p>4 sweet potatoes 5 oz. arugula, washed and dried 15 oz. chickpeas, drained and rinsed 2 cucumbers 1 Lb. cocktail tomatoes 2 tsps. of chilli flakes 1 tsp.cinnamon</p> <p><i>For the dressing</i></p> <p>2 tsps. honey 2 lemons 6 Tbsps. olive oil</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Start by preheating the oven to 350 F., then chop the sweet potato into wedges. 2. Put the wedges on a baking tray and sprinkle them with the cinnamon, a little salt and some olive oil. Place these in the oven and let them cook for an hour. 3. Half way through the baking add the chickpeas to the tray, by sprinkling them over the sweet potatoes with the chilli flakes. Let these bake together for the remaining 30 minutes. 4. Just before they finish cooking chop the cucumber and tomatoes into small pieces and stir the dressing together. 5. Assemble on four plates for serving and drizzle with dressing.
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Local Taco Night
GF

<p>Ingredients:</p> <p><i>Tacos</i></p> <p>Hickory Nut Gap Grass-Fed Beef - 1 Pound Frontera Taco Skillet Sauce - 8 Ounces Local Corn Tortillas from Tortilleria Molina - 16 Count Yellow Organic Onion - 1 Piece Local/Organic Lettuce - 1 Head Local/Grass-fed Cheddar Cheese - 1 Block Medium Local/Organic Green Mountain Gringo Salsa - 16 Ounces</p>	<p>Instructions:</p> <p><i>Tacos</i></p> <ol style="list-style-type: none"> 1. Thaw beef and tortillas. Chop onion, lettuce and tomato. Shred cheddar cheese, and set aside. 2. Prepare skillet with olive oil over medium high heat. Brown beef, onion and skillet sauce. Simmer per instructions. 3. Assemble tacos with tortillas, seasoned beef, lettuce, tomato, cheddar cheese and salsa
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MEPD Shopping List

Produce:

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

Includes:

Red Leaf Lettuce - 1 Head - Local, Organic
Butternut Squash - 1- Local, Organic
Sweet Candy Onions - 1 Pound - Local, Organic
Baby Bok Choy - 1 Pound - Local, Organic
Cocktail Tomatoes - 1 Pound - Local, Organic
Stayman Apples - 6 Pieces - Local, IPM
Cucumbers - 2 Pieces - GA, Organic
Sweet Potatoes - 4 Pieces - Local, Organic
Carrots - 2 Pounds - CA, Organic

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons x 2 \\$5.98](#)

[Lacinato kale \\$2.99](#)

Dairy:

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

[Happy Cow Creamery Harvarti cheese \\$5.99](#)

Prepared:

[Local Taco Night Kit \\$29.99](#)

Pantry:

[Jasmine Rice \\$6.99](#)

[Bragg's Healthy Vinaigrette \\$6.49](#)

[chickpeas \\$4.49](#)

Bakery:

[Rhu Bakery Baguette \\$3.99](#)

Total: \$114.89

Price Per Serving: \$5.75

Pantry

Oils/Fats:

[Olive oil \\$14.99](#)

Sesame oil

Herbs/Spices:

Salt

Pepper

Cinnamon

chili flakes

Condiments/sauces:

[Lusty Monk mustard \\$6.99](#)

Soy sauce

Libations:

Calvados (or apple juice)

Produce:

Pomegranate

Sweeteners:

Maple syrup

[Local Honey \\$11.99](#)