



*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 10-9-2018

Herb Butter Salmon with Charred Tomatoes and Half Runner Beans
Buttermilk Roasted Chicken, Maple Mashed Sweet Potatoes, Creamed Lacinato Kale
Roasted Apple, Acorn Squash and Caramelized Onion Pizza
Beef, Broccoli and Sweet Pepper Stir Fry with Local Brown Rice
Swamp Rabbit Cafe Lentil Soup, Mixed Lettuce Salad and Rhu Bakery Baguette

Herb Butter Salmon with Charred Tomatoes and Half Runner Beans GF

Ingredients:

1 pint grape tomatoes
 1 Lb. half runner beans
 2 Tbsps. olive oil
 Pinch sea salt
 Pinch cracked black pepper
 1 Lb. wild-caught salmon

For the Herb Butter

1/4 cup grass-fed butter
 1/4 cup packed fresh parsley
 2 garlic cloves, minced
 Pinch fine sea salt

Instructions:

1. Preheat oven to broil high.
2. In a bowl toss tomatoes and string beans with oil or butter. Add salt and pepper.
3. Place on a parchment paper lined baking sheet and broil for 5 minutes.
4. While broiling, combine butter ingredients in a blender and blend until combined.
5. Brush onto salmon and add the salmon to the baking sheet.
6. Broil for 7 to 9 minutes (longer for thicker salmon), until veggies are blistered and salmon is cooked through. Taste and add additional salt and pepper as desired.

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

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.

<p>1 Tbsp. honey</p> <p><i>Sweet Potatoes</i></p> <p>4 medium sweet potatoes 1/4 tsp. salt 2 Tbsps. butter 4 Tbsps. maple syrup 2 tsps. cinnamon 4 Tbsps. half-and-half</p> <p><i>Kale</i></p> <p>1 bunch Lacinato kale, washed and torn 2 Tbsps. unsalted butter 2 large garlic cloves 1/4 Vidalia onion, diced ¼ cup half & half 1/4 teaspoon fresh ground nutmeg salt and pepper to taste</p>	<p>Seal bag securely and refrigerate overnight or up to two days.</p> <ol style="list-style-type: none"> 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. 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. <p>*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.</p> <p><i>Sweet Potatoes</i></p> <ol style="list-style-type: none"> Bake sweet potatoes until tender. Let cool slightly, peel. Mash with salt, butter, and maple syrup. Add cinnamon to taste then continue to mash with the milk or half-and-half to desired consistency. <p><i>Kale</i></p> <ol style="list-style-type: none"> Blanch the kale in lightly salted water until tender, rinse in ice water, drain and cut into 1/2-inch ribbons. 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. Season with salt and pepper to taste.
--	--

Roasted Apple, Acorn Squash and Caramelized Onion Pizza

GF, V, DF

<p>Ingredients:</p> <p>1 Rio Bertolini Whole Wheat Pizza Dough Ball or Eat More Bakery Pizza Crusts for GF option</p> <p><i>Garlic White Bean Puree</i></p> <p>15 oz can of cannellini beans, rinsed and drained ¼ cup olive oil 2 Tbsps. water 1 Tbsps. lemon juice 2 cloves garlic ½ tsp. dried thyme 1 tsp. salt ½ tsp. black pepper</p> <p><i>Pizza Topping</i></p>	<p>Instructions:</p> <p>To make the Garlic White Bean Puree: Blend all ingredients in a food processor until smooth.</p> <p>To make the pizza topping and assemble the pizza: Preheat oven to 375 degrees F. In a large skillet, heat 2 Tbsps. oil over medium-high heat and sauté onions until soft and lightly caramelized, about 20 to 30 minutes. Season generously with salt and pepper.</p> <p>In the meantime, toss remaining 2 Tbsps. oil with squash and season generously with salt and pepper. Transfer to a large rimmed baking sheet and roast for 30 to 35 minutes until squash is fork tender, turning once or twice with a spatula. Remove from oven and set aside. Turn heat up to 450 degrees F.</p>
--	---

<p>4 Tbsps. olive oil 1 sweet Vidalia onion, thinly sliced Salt and pepper to taste 1 Acorn Squash, peeled, seeded and cubed, ½” 1 Cameo apple, peeled and thinly sliced</p>	<p>Brush a large rimmed baking sheet (approximately 9- x 13-inch) with oil. Stretch pizza dough into a rectangle and fit it into the prepared baking sheet. Spread a layer of the Garlic White Bean Puree evenly over the rolled-out Pizza Dough. On top of the dough, arrange the spinach, caramelized onions, roasted butternut squash, and apple slices. Season with salt and pepper, and brush the edges of the crust with olive oil. Bake for about 15 to 20 minutes, rotating midway, until the crust is slightly browned or golden. Let cool, slice, and devour!</p>
--	--

Beef, Broccoli and Sweet Pepper Stir Fry with Local Brown Rice
GF, V, DF

<p>Ingredients:</p> <p><i>Stir Fry</i> 1 Lb. Hickory Nut Gap Farm grass-fed stew meat, thawed and cut into small pieces 1 Lb. mixed bell peppers, thinly sliced 1 Lb. broccoli, washed and chopped 1 Vidalia onion, thinly sliced</p> <p><i>Stir Fry Sauce</i> 1/2 cup soy sauce (or Tamari if GF) 1/2 cup beef broth 1 tablespoon cornstarch (or arrowroot) 1 tablespoon honey 1 teaspoon sesame oil 1 teaspoon rice vinegar 2” piece of ginger, peeled and grated or finely minced 2 garlic cloves, grated or finely minced</p> <p><i>Rice</i> 2 cups Lee's One Fortune Farm Brown Rice, prepared per instructions</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare brown rice per instructions 2. Whisk all ingredients together to prepare the stir fry sauce 3. While rice cooks, heat ½ of sesame oil in a large pan, or wok over medium high heat. Season stew meat with salt and pepper as desired. Add stew meat to the pan, and sear until just browned outside, approx. 1 minute per side. Remove from pan and set aside to rest for 5 minutes. 4. Wipe pan from stew meat clean and add remaining sesame oil over medium-high heat. When oil is shimmering, add green beans and bell peppers and cook, stirring, until softening, about 5 minutes. 5. Add stew meat back to pan, and add stir fry sauce. Heat for 3 minutes until sauce thickens and flavors meld. 6. Serve the stir fry over brown rice and enjoy!
--	---

Swamp Rabbit Cafe Lentil Soup, Mixed Lettuce Salad and Rhu Bakery Baguette

V

<p>Ingredients:</p> <p><i>Soup</i> 2 quarts Swamp Rabbit Cafe Red Lentil Soup</p> <p><i>Cameo Apple salad</i> 5 oz. mixed salad greens 2 thinly sliced Cameo apples ½ cup toasted, chopped walnuts</p>	<p>Instructions:</p> <p><i>Soup</i></p> <ol style="list-style-type: none"> 1. Heat and serve <p><i>Cameo Apple salad</i></p> <ol style="list-style-type: none"> 1. In a large bowl, combine the arugula, apple slices, walnuts, and goat cheese. 2. In a small bowl, mix together the olive oil, honey, lemon juice, salt and pepper.
---	---

2 oz. crumbled Three Graces Dairy Goat
Cheese- Scottish Spice

Vinaigrette

2 Tbsps. olive oil

1 Tbsp. honey

3 Tbsps. lemon juice

1/4 tsp. salt

1/4 tsp. ground black pepper

Rhu Bakery Baguette

Pour the dressing into the salad and toss to combine

Baguette

1. Warm baguette and slice. Serve with lentil soup and enjoy!

MEPD Shopping List

Produce:

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

Includes:

Lacinato Kale - 1 Bunch - Local, Organic - Harlowe Farm
Half Runner Beans - 1 Pound - Local, Organic - Patty's Farm
Grape Tomatoes - 1 Pint - Local, Organic - Old Dominion Organics
Mixed Salad Lettuce - 5 Ounces - Local, Organic - Greenshine Farm
Broccoli - 1 Pound - GA, Organic - Crosset Organics
Cameo Apples - 2 Pound - Local, IPM - Parker Orchard
Sweet Potatoes - 4 Pieces - Local, Organic - Williamson Organics
Acorn Squash - 1 Piece - Local, Organic - Cottle Organics
Mixed Sweet Peppers - 1 Pound - Local, Organic - R Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Parsley \\$2.99](#)

[Rosemary \\$2.99](#)

[Vidalia onions \\$2.99](#)

[Lemons \\$3.99](#)

[Ginger \\$3.99](#)

Meat:

[1 Lb. wild-caught salmon \\$13.99](#)

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

[Hickory Nut Gap Farm grass-fed stew meat \\$8.99](#)

Dairy:

[Half & half \\$3.25](#)

Pantry:

[Honey \\$11.99](#)

[Lee's One Fortune Farm Brown Rice \\$6.99](#)

Prepared:

[Rio Bertolini Whole Wheat Pizza Dough Ball \\$2.99](#)

[Swamp Rabbit Cafe Red Lentil Soup x 2 \\$19.98](#)

Bakery:

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

Total: \$135.10

Price Per Serving: \$6.75

Pantry

Oils/Fats:

Olive oil
Unsalted butter
sesame oil

Herbs/Spices:

Salt
Pepper
Cinnamon
Ground nutmeg
Dried thyme

Nuts/Seeds:

Walnuts

Dairy:

Buttermilk

Sweetener:

Maple syrup

Grocery:

15 oz can of cannellini beans
soy sauce
beef broth
Cornstarch
rice vinegar