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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 12-12-2017

Oven Roasted Salmon with Butter Braised Radishes and Garlicky Green Beans
Mellow Yellow Chickpea Cauliflower Curry with Jasmine Rice
Autumn Squash Bisque with Mandarin, Spinach & Cucumber Salad
Sausage, Yukon Gold and Kale Soup with Rhu Bakery Ciabatta Bread
Parmesan Baked Zucchini & Ricotta Gnocchi with Vodka Sauce

Oven Roasted Salmon with Butter Braised Radishes and Garlicky Green Beans **GF**

Ingredients:

Salmon

4 Tbsps. unsalted butter
 4 Tbsps. minced parsley
 2 Lbs. Wild-Caught Salmon, cut into 4 pcs.
 Salt and freshly ground black pepper to taste
 Lemon wedges

Radishes

1 bunch Icicle Radishes
 1 Tbsp. unsalted butter
 1 Tbsp. olive oil
 2 Tbsps. raw sugar
 ½ tsp. salt
 ¼ tsp. black pepper
 1 Tbsp. parsley, finely chopped

Garlicky Green Beans

1 Lb. fresh green beans, trimmed and snapped in half
 3 Tbsp. butter
 3 cloves garlic, minced
 2 pinches pepper
 salt to taste

Instructions:

Salmon

1. Preheat the oven to 475 degrees. Place the butter and half the herb in a roasting pan just large enough to fit the salmon and place it in the oven. Heat about 5 minutes, until the butter melts and the herb begins to sizzle.
2. Add the salmon to the pan, skin side up. Roast 4 minutes. Remove from the oven, then peel the skin off. (If the skin does not lift right off, cook 2 minutes longer.) Sprinkle with salt and pepper and turn the fillet over. Sprinkle with salt and pepper again.
3. Roast 3 to 5 minutes more, depending on the thickness of the fillet and the degree of doneness you prefer. Cut into serving portions, spoon a little of the butter over each and garnish with the remaining herb. Serve with lemon wedges.

Radishes

1. Wash and trim radishes, if large cut them in half.
2. Add radishes to a deep pan, add enough water to cover them.
3. Add the butter, olive oil, sugar and salt.
4. Cover and bring to a boil.
5. Reduce heat to medium low and simmer, covered for 12 minutes. (radishes should be tender and the liquid reduced to a glaze)
6. If the radishes are cooked before the liquid has reduced then remove the radishes and cook liquid, uncovered until it thickens to a glaze.
7. Toss the radishes in the glaze, sprinkle with the pepper and parsley and serve

Garlicky Green Beans

	<ol style="list-style-type: none"> 1. Place green beans into a large skillet and cover with water; bring to a boil. 2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water. 3. Add butter to green beans; cook and stir until butter is melted, 2 to 3 minutes. 4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with pepper and salt
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Mellow Yellow Chickpea Cauliflower Curry with Jasmine Rice
GF, V

<p>Ingredients:</p> <p>1 pint Blue Dream Curry House Mellow Yellow Curry Sauce</p> <p>1 Tbsps. olive oil</p> <p>1 head cauliflower, washed and chopped</p> <p>15 oz. Fig Chickpeas, drained</p> <p>2 cups Lundberg Jasmine Rice, prepared per instructions</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare Jasmine Rice per instructions 2. Heat large skillet over medium high heat. When pan is hot, add olive oil. 3. Add cauliflower to pan and heat for about 7 minutes. Add chickpeas to warm, and stir. 4. Add Mellow Yellow sauce to pan, and simmer for about 15 minutes. Serve over rice.
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Autumn Squash Bisque with Mandarin, Spinach & Cucumber Salad
GF, DF, V

<p>Ingredients:</p> <p><i>Bisque</i></p> <p>1 pint Swamp Rabbit Cafe Autumn Squash Bisque</p> <p><i>Salad</i></p> <p>1 bunch spinach, washed, dried and torn</p> <p>3 Satsuma Mandarins, peeled, and segmented</p> <p>2 cucumbers, washed and sliced thin</p> <p><i>Vinaigrette</i></p> <p>¾ cup olive oil</p> <p>¼ cup apple cider vinegar</p> <p>2 Tbsps. Honey</p> <p>Salt and pepper to taste</p>	<p>Instructions:</p> <p><i>Bisque</i></p> <ol style="list-style-type: none"> 1. Warm bisque in soup pan <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. Assemble spinach, mandarins and cucumbers in serving bowl. 2. Prepare vinaigrette by pouring ingredients in blender. 3. Drizzle salad with vinaigrette.
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Sausage, Yukon Gold and Kale Soup with Rhu Bakery Ciabatta Bread

GF*

Ingredients:

Soup

1 Tbsp. olive oil
1 pack Hickory Nut Gap Farm Chorizo Sausage, casings removed
1 medium onion, chopped
6 cloves garlic, chopped
2 Tbsps. Italian Seasoning
2.5 Lbs. Yukon Gold Potatoes skinned, thickly sliced, and quartered
4 cups chicken broth
1 pint half & half
1 tsp. salt
1 bunch Lacinato Kale, chopped

Bread

1 Loaf Rhu Bakery Ciabatta Bread*

*GF Option: Use Eat More Bakery Focaccia

Instructions:

Soup

1. Heat olive oil in medium to large soup pot and cook Chorizo Sausage. Break apart and crumble as it cooks.
2. Add to chorizo, the onion, garlic and Italian seasoning. Cook for 5 minutes or until the onion and garlic start to soften.
3. Add in potatoes, chicken broth, and half & half. Cook until potatoes are soft. About 25 to 30 minutes. Give it a taste then add in the salt.
4. Stir in the kale and cook for another 15 minutes or until kale is tender. Serve hot.

Bread

1. Slice Ciabatta loaf, and warm. Serve with soup.

Parmesan Baked Zucchini & Ricotta Gnocchi with Vodka Sauce

V

Ingredients:

Zucchini

4 zucchini, quartered lengthwise
1/2 cup Organic Valley Grated Parmesan
2 Tbsp. Italian seasoning
1/2 tsp. garlic powder
salt and black pepper, to taste
2 Tbsps. olive oil
2 Tbsps. chopped parsley

Gnocchi

2 packages Rio Bertolini Ricotta Gnocchi
1 pint Rio Bertolini Vodka Sauce

Instructions:

Zucchini

1. Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
2. In a small bowl, combine Parmesan, Italian seasoning, garlic powder, salt and pepper, to taste.
3. Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until crisp and golden brown.
4. Serve immediately, garnished with parsley, if desired.

Gnocchi

1. Prepare gnocchi per instructions.
2. Warm Vodka sauce in a 2 quart saucepan.
3. Serve gnocchi topped with vodka sauce. Zucchini on the side

MEPD Shopping List

Produce:

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

Includes:

Spinach - 1 Bunch - Local, Organic - R Farm
Cucumbers - 2 Pieces - GA, Organic - McClellan Organic Farm
Cauliflower - 1 Head - GA, Organic - McClellan Organic Farm
Yukon Gold Potatoes - 2.5 Pounds - GA, Organic - Crosset Organics
Zucchini - 2 Pieces - FL, Organic - Santa Sweet Farm
Green Beans - 1 Pound - FL, Organic - Alderman Farm
Satsuma Mandarin - 2 Pounds - FL, Organic - Crosset Organics
Icicle Radish - 1 Bunch - Local, Organic - Greenshine Farm
Lacinato Kale - 1 Bunch - Local, Organic - New Sprout Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Parsley \\$2.99](#)

[Zucchini \\$3.99](#)

[Sweet yellow onions \\$2.99](#)

Meat:

[2 Lbs. Wild-Caught Salmon \\$25.98](#)

[Chorizo \\$8.99](#)

Dairy:

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

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

Prepared:

[Blue Dream Curry House Mellow Yellow Sauce \\$7.99](#)

Pantry:

[15 oz. Fig Foods Chickpeas \\$4.49](#)

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

[Swamp Rabbit Cafe Autumn Bisque \\$9.99](#)

[Rio Bertolini Vodka Sauce \\$5.99](#)

[Rio Bertolini Ricotta Gnocchi x 2 \\$15.98](#)

Total: \$150.59

Price Per Serving: \$7.52

Pantry

Oils/Fats:

Olive oil
Unsalted butter

Vinegar:

Apple cider vinegar

Herbs/Spices:

Salt
Pepper
Garlic salt
Italian Seasoning

Sweetener:

Raw sugar
Honey

Grocery:

Chicken broth