



*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 12-5-2017

Carrot Soup with Cheesy Garlic, Ciabatta Toast, and “Grilled” Romaine Salad

Seared Scallops with Mandarin, Beet and Arugula Salad

Chicken Paillards with Red Anjou Pear Salad

Coconut Red Lentil Stew with Sweet Potatoes and Kale

Marinated Tempeh Stir Fry with Broccoli and Red Pepper

Carrot Soup with Cheesy Garlic, Ciabatta Toast, and “Grilled” Romaine Salad GF*, V

Ingredients:

Soup

4 tablespoons butter
2 onions, sliced
1 sprig thyme
2.5 Lbs. Clem’s Organic Garden carrots, peeled and sliced
Salt and pepper to taste
6 cups chicken broth, or broth of choice

Toast

1 loaf Rhu Bakery Ciabatta Bread*
4 oz. softened unsalted butter
1 head garlic, peeled and minced
1/4 cup grated Organic Valley Parmesan Cheese
1 Tbsp. Italian seasoning
6 oz. Organic Valley Mozzarella cheese, shredded

*GF option- Eat More Bakery Focaccia

“Grilled” Romaine

1 romaine lettuce
1 tablespoon of olive oil
salt and ground black pepper to taste

Instructions:

Soup

1. In a heavy-bottomed pot, melt the butter. Add onions and thyme and cook over medium-low heat until soft, about 10 minutes.
2. Add the carrots, season with salt and cook for five minutes.
3. Add broth. Bring to a boil, turn heat to low and simmer until the carrots are tender, about 30 minutes.
4. Season to taste with salt and puree if desired. It’s easiest to use an immersion blender with hot liquids, though you may need a real blender to achieve a truly velvety texture. Safety alert: If using a blender with hot soup, be careful to blend in small batches, using a kitchen towel to hold the lid securely. Blending hot liquid releases a lot of steam, and you are at risk of blowing the lid off or scalding your hands unless you keep a tight grip on top and use a towel to protect you from any escaping steam.

Toast

1. In a wide skillet over low heat, add butter. When it begins to melt, add garlic. Cook on low, stirring regularly, for about 2 to 3 minutes or until garlic begins to lightly brown and infuses the butter with flavor.
2. With a slotted spoon, remove garlic pieces.
3. In a bowl, combine garlic-infused butter, Parmesan cheese, and dried basil.

	<ol style="list-style-type: none"> 4. On a baking sheet, arrange bread in a single layer. Brush the surface with the garlic butter mixture. 5. Sprinkle with mozzarella cheese. 6. Bake in a 400 F oven for about 8 to 10 minutes or until bubbly. Slice into serving pieces and serve hot. <p><i>“Grilled” Romaine</i></p> <ol style="list-style-type: none"> 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, fresh spices, and/or diced red bell peppers
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Seared Scallops with Mandarin, Beet and Arugula Salad GF, DF	
<p>Ingredients:</p> <p><i>Scallops</i></p> <p>1 Lb. NC Sustainably Sourced Scallops 2 tsps. unsalted butter 2 tsps. olive oil Salt and black pepper for seasoning</p> <p><i>Salad</i></p> <p>5 oz. arugula 1 bunch red beets, rough chopped 2 Mandarin Oranges</p> <p><i>Balsamic Vinaigrette</i></p> <p>1/3 cup balsamic vinegar 1/4 tsp. salt 1/4 tsp. black pepper 2/3 cup olive oil</p>	<p>Instructions:</p> <p><i>Scallops</i></p> <ol style="list-style-type: none"> 1. Remove the small side muscle from the scallops, rinse with cold water and thoroughly pat dry. 2. Add the butter and oil to a 12 to 14-inch saute pan on high heat. Salt and pepper the scallops. Once the fat begins to smoke, gently add the scallops, making sure they are not touching each other. 3. Sear the scallops for 1 1/2 minutes on each side. The scallops should have a 1/4-inch golden crust on each side while still being translucent in the center. Serve immediately. <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. Preheat oven to 400. Line a baking sheet with parchment paper 2. In a bowl, toss the beets with the olive oil and salt. Arrange the beets in a single layer on the prepared sheet. Bake for 20 to 25 minutes, until the beets are lightly browned. Remove from the oven and let cool for 10 minutes. 3. In a salad bowl, toss together the arugula, mandarins, beets and Balsamic Vinaigrette. <p><i>Vinaigrette</i></p> <ol style="list-style-type: none"> 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.

Chicken Paillards with Red Anjou Pear Salad

GF, DF

Ingredients:

2 Tbsps. olive oil, divided
1 Lb. chicken breasts, cut into ¼'s, pound ¼-inch thick
Salt and pepper to taste
2 Red Anjou Pears, thinly sliced
1/2 cup fresh cilantro leaves
1 Tbsps. fresh lime juice

Instructions:

1. Heat 1 Tbsp. oil in a large skillet over medium-high heat. Season chicken with salt and pepper and, working in 2 batches, cook until golden and cooked through, about 2 minutes per side.
2. Toss pear, cilantro, and lime juice in a medium bowl; season with salt and pepper. Serve chicken topped with pear salad.

Coconut Red Lentil Stew with Sweet Potatoes and Kale

GF, DF, V

Ingredients:

4 Tbsps. olive oil
2 yellow onions, finely chopped
6 garlic cloves, minced
2 tsps. each garam masala, cumin, turmeric
2 large sweet potato, peeled and chopped into 1 inch dice
2 cups red lentils, rinsed
4 cups vegetable broth
2 15 oz. Native Forest organic coconut milk
1 bunch green kale
Salt and pepper to taste
Chopped cilantro to garnish

Instructions:

1. Heat oil in large pot over medium heat. Add onion and a sprinkle of salt and pepper and sauté until onions begin to soften - a few minutes.
2. Add garlic and spices and saute until spices are fragrant. If pan becomes too dry, add a bit more oil or a little water to the pan.
3. Add sweet potatoes, red lentils and sprinkle of salt and pepper. Stir to coat with spices.
4. Stir in broth and coconut milk. Bring to a boil, cover pot and reduce heat to low. Simmer for 30 minutes.
5. Add kale, stir and cover pot, cooking for 5 more minutes until kale is wilted.

Marinated Tempeh Stir Fry with Broccoli and Red Pepper

GF, DF, V

Ingredients:

8 oz. Smiling Hara Tempeh, cut into 1/2-inch pieces
½ cup light soy sauce
2 Tbsp. rice vinegar
6 garlic cloves, minced
4 tsps minced peeled fresh ginger
1/2 tsp. dried crushed red pepper
1 head broccoli, stems peeled and cut into 1/2-inch pieces, florets cut into 1-inch pieces
4 Tbsps. water
2 tsps. honey
2 tsps. cornstarch

Instructions:

1. Stir tempeh, soy sauce, vinegar, garlic, ginger and crushed red pepper in medium bowl to blend. Let marinate 1 hour at room temperature.
2. Steam broccoli until crisp-tender, about 3 minutes. Set aside. Strain marinade from tempeh into small bowl; set tempeh aside. Whisk 4 Tbsps. water, honey and cornstarch into marinade.
3. Heat oil in large nonstick skillet over high heat. Add marinated tempeh and bell pepper and sauté 4 minutes. Add broccoli and marinade mixture and sauté until broccoli is heated through and sauce thickens, about 3 minutes. Transfer to bowl. Sprinkle with green onion and serve.

2 Tbsps. olive oil
1 chopped red bell pepper
4 Tbsps. thinly sliced green onion

MEPD Shopping List


Produce:


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

Includes:

Green Kale – 1 Bunch – Local, Organic – New Sprout Farm

Romaine Lettuce – 1 Bunch – FL, Organic – Lady Moon Farm

Carrots  – 1.25 Pounds – Local, Organic – Clem's Organic Garden

Broccoli  – 1 Head – Local, Organic – Rouse Brothers Farm

Red Anjou Pears  – 3 Pieces – WA, Organic – Crosset Organics

Sweet Potatoes – 4 Pieces – Local, Organic – New Sprout Farm

Satsuma Mandarin  – 6 Pieces – FL, Organic – Crosset Organics

Red Beets – 1 Bunch – Local, Organic – Greenshine Farm

Spinach – 1 Bunch – Local, Organic – R Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Onions \\$2.99](#)

[Thyme \\$2.99](#)

[Arugula \\$4.99](#)

[Cilantro \\$2.99](#)

[Ginger \\$3.99](#)

Eggs/Dairy:

[Shredded mozzarella \\$5.99](#)

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

Meat/Protein:

[1 Lb. Scallops \\$20.99](#)

[1 Lb. Chicken Breast \\$11.99](#)

[Tempeh \\$5.99](#)

Bakery:

[Rhu Bakery Ciabatta Bread \\$5.99](#)

Pantry:

[Coconut Milk \\$3.99](#)

[Red Lentils \\$6.99](#)

Total: \$146.97

Price Per Serving: \$7.34

Pantry

Oils/Fats:

Olive oil

[butter \\$11.99](#)

Vinegar:

Balsamic vinegar

Rice Vinegar

Herbs/Spices:

Salt

Pepper

Red pepper flakes

Italian seasoning

Garam Masala

Turmeric

Cumin

Condiments/Sweeteners:

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

Grocery:

Chicken Broth

Cornstarch

Produce:

Limes