

*\*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 2-13-2018

### Slow Cooker Jambalaya with Chorizo and Chicken

### Wilted Kale and Roasted-Potato Winter Salad

### Garlicky Broccolini, Mushroom and Bok Choy Noodle Bowl

### Apple Onion Bruschetta with Blueberry, Arugula and Toasted Walnut Salad

### BLT Breakfast Salad with Buttermilk Biscuits

#### Slow Cooker Jambalaya with Chorizo and Chicken

**GF, DF**

<p><b>Ingredients:</b></p> <p>2 chicken breasts, cubed          3.5 oz chorizo sausage, sliced          1 onion, chopped          2 tsp. garlic, crushed          2 stalks celery, chopped          2 Bell Peppers, sliced          14 oz. can, crushed tomatoes          1 Tbsp. cajun spice          1 cup veggie stock          1 cup Lundberg Jasmine Rice          Salt &amp; Pepper</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Add all the ingredients except the long grain rice to the slow cooker and mix together.</li> <li>2. Cook on low for 6-8 hours.</li> <li>3. Increase the heat to high and add the rice. Cook for 30-45 minutes.</li> <li>4. Season with salt &amp; pepper.</li> <li>5. Serve &amp; Enjoy.</li> </ol>
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#### Wilted Kale and Roasted-Potato Winter Salad

**GF, DF**

<p><b>Ingredients:</b></p> <p>1.5 Lbs. French Fingerling Potatoes, cut into 1-inch pieces          1/3 cup olive oil          4 garlic cloves (3 thinly sliced and 1 minced)          1/3 cup Organic Valley Parmesan          1/4 cup well-stirred tahini          2 Tbsps. water          3 Tbsps. fresh lemon juice          1 bunch red kale, stems and center ribs discarded and leaves very thinly sliced crosswise</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Preheat oven to 450°F with rack in upper third.</li> <li>2. Toss potatoes with oil and 1/2 teaspoon each of salt and pepper in a large 4-sided sheet pan, then spread evenly. Roast, stirring once, 10 minutes. Stir in sliced garlic and roast 10 minutes more. Sprinkle with cheese and roast until cheese is melted and golden in spots, about 5 minutes.</li> <li>3. Meanwhile, purée tahini, water, lemon juice, minced garlic, and 1/2 teaspoon salt in a blender until smooth, about 1 minute. (Add a bit of water if sauce is too thick.)</li> <li>4. Toss kale with hot potatoes and any garlic and oil remaining in pan, then toss with tahini sauce and salt and pepper to taste.</li> </ol>
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## Garlicky Broccoli, Mushroom and Bok Choy Noodle Bowl

GF, DF

### Ingredients:

6 oz Thin Rice Noodles  
2 Tbsp. Sesame Oil, divided  
2 Queen B Pastured Eggs + 1 Tbsp. of water, whisked  
8 oz. Crimini Mushrooms destemmed, sliced thin and cut into bite size pieces  
1 broccolini, cut into bite size pieces  
2 spring onions, sliced thin, green and white parts separated  
1 Lb. Baby Bok Choy, sliced thin, into bite size pieces, leaves and stems separated  
4 large Garlic Clove, minced

### For the Sauce:

16 oz. Bee Tree Pastured Chicken Bone Broth, Turmeric and Lemongrass  
3 Tbsps. Tamari, soy sauce or coconut aminos  
1 Tbsp. Sriracha or to taste

### For Garnish:

Sesame Seeds  
Tops of Spring Onions

### Instructions:

1. In a large bowl, add the rice noodles and cover with cool tap water. These can soak while the remaining ingredients are prepared.
2. Meanwhile in a large saute pan, add 1 tsp of oil and bring to a simmer. Pour in the whisked eggs, a pinch of sea salt and a few grinds of pepper. Cook on low without stirring, flipping the 'egg pancake' in half to finish cooking for a total of about 3-4 minutes. Remove from pan and slice into thin bite size pieces. Set aside.
3. To the same pan, heat 3 tsp. of oil and add the sliced mushrooms. Cook in an even layer on medium-low to sear, tossing and flipping the mushrooms a few times for 6-7 minutes. To the pan with the mushrooms add one more tsp. of oil and add the broccolini, white parts of the scallions and white stems of the bok choy. Cook on medium low for about 6 minutes, tossing and flipping the ingredients at least twice while cooking. The vegetables should be tender-crisp at the end of this stage of cooking. Add the garlic and stir, cooking for about 1 minute. Whisk the bone broth, Tamari and Sriracha together and add it to the vegetable mixture. Bring up to temperature just until the edges of the broth begin to simmer. Stir in the green leafy parts of the bok choy. Drain the noodles and place in the saute pan with all the veggies. Carefully toss and turn the noodles with the veggies until everything is mixed well making sure the noodles have plenty of contact with the sauce. Cook for about 1-2 minutes on medium low. The noodles will soak up the sauce and be tender, but not mushy when ready. Toss in the egg slices and give the mixture another toss before serving.
4. Serve with Tamari, Sriracha, sesame seeds, and tops of scallions. Store leftovers in a lidded container in the refrigerator for up to three days.

## Apple Onion Bruschetta with Blueberry, Arugula and Toasted Walnut Salad

GF\*, V

### Ingredients:

#### Bruschetta

1 sweet yellow onion, sliced  
3 Tbsps. Calvados or apple juice  
Rhu Bakery Baguette\*  
3 Pink Lady apples, sliced  
4 oz. Havarti cheese, grated

\*GF option: Eat More Bakery Focaccia

#### Salad

5 oz bag arugula  
1 cup chopped walnuts  
6 oz. blueberries  
1 Tbsp. honey

#### Vinaigrette

¼ cup orange juice (squeezed fresh from Navel Orange)  
2 Tbsps. balsamic vinegar  
1 Tbsp. Lusty Monk Mustard  
2 tsps. honey  
⅓ tsp. black pepper

### Instructions:

#### Apple-Onion Bruschetta

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.

#### Salad

1. Add chopped walnuts to a small skillet over medium high heat and drizzle with 1 tablespoon of honey.
2. Stir walnuts until honey has liquified and coated all of the walnuts, and they are starting to sizzle and brown. This will take about 5 minutes.
3. Whisk all ingredients for vinaigrette together and set aside.
4. In a large bowl, assemble salad by adding arugula, toasted walnuts, and blueberries, and tossing with the vinaigrette.

## BLT Breakfast Salad with Buttermilk Biscuits

GF\*

### Ingredients:

1 head Green Boston Lettuce, chopped  
2 large tomatoes, seeded and diced  
1/2 Lb. bacon, cooked and chopped  
2 ripe avocados, thinly sliced  
4 eggs, soft boiled  
salt & pepper to taste

#### Dressing

1/2 cup olive oil  
6 Tbsps. apple cider vinegar  
2 tbsps. Lusty Monk Mustard  
Juice of 1 lemon

Rhu Bakery Buttermilk Biscuits\*

\*Eat More Bakery Buttermilk Biscuits for GF  
Option

### Instructions:

1. In a large bowl combine your lettuce, tomato, and chopped up crispy bacon.
2. Place all of your salad dressing ingredients together in a mason jar. Put the lid on the jar and shake until the dressing has completely come together. Pour the dressing over your salad and work it into the leaves. Use your hands if necessary. Set the salad aside.
3. Soft boil eggs. Once the eggs are done, peel them, slice them open and serve them on top of your salad with some avocado slices.
4. Enjoy with Buttermilk Biscuits!

## MEPD Shopping List

### Produce:

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

#### Includes:

Red Kale – 1 Bunch – FL, Organic  
Blueberries – 6 Ounces – CA, Organic  
Slicer Tomatoes – 2 Pieces – FL, Organic  
Green Boston Lettuce – 1 Head – FL, Organic  
Navel Oranges – 3 Pieces – CA, Organic  
Broccolini – 1 Bunch – CA, Organic  
Baby Bok Choy – 1 Pound – FL, Organic  
Pink Lady Apples – 2 Pounds – Local, IPM  
Yellow Sweet Onions – 2 Pieces – GA, Organic  
French Fingerling Potatoes – 1.5 Pounds – CA, Organic

### Add-On Produce:

[Garlic \\$2.99](#)

[Lemon \\$3.99](#)

[2 avocados \\$4.99](#)

[Celery \\$4.99](#)

[Green Bell Peppers \\$3.99](#)

[Crimini Mushrooms \\$4.99](#)

[Spring onions \\$2.99](#)

[Arugula \\$4.99](#)

### Eggs/Dairy:

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

[Happy Cow Creamery Havarti \\$5.99](#)

[Queen B Pastured Eggs \\$5.99](#)

### Meat/Protein:

[Queen B Pastured Chicken Breasts \\$11.99](#)

[Hickory Nut Gap Farm Chorizo \\$8.99](#)

[Hickory Nut Gap Farm Bacon \\$9.99](#)

### Prepared:

[Bee Tree Pastured Chicken Bone Broth, Turmeric and Lemongrass \\$9.99](#)

### Pantry:

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

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

### Baked Goods:

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

[Rhu Bakery Buttermilk Biscuits \\$5.99](#)

**Total: \$155.81**

**Price Per Serving: \$7.79 (MEPD)**

## Pantry (Items outside of MEPD)

### Oils/Fats:

Olive oil  
Sesame oil

### Vinegar:

Apple cider vinegar  
Balsamic vinegar

### Herbs/Spices:

Salt  
Pepper

### Condiments/Sweeteners:

Honey  
Cajun spice

### Grocery:

Tamari or Soy sauce  
Vegetable stock  
Thin Rice Noodles  
Sriracha  
Tahini  
14 oz. can, crushed tomatoes

### Nuts/Seeds:

Walnuts

