



*\*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 3-13-2018

**Sheet Pan Chicken with Green Beans and Russian Banana Fingerlings**  
**Greek Salad with Chickpeas & Crostini with Olive Oil and Balsamic Dipping Sauce**  
**Seared Scallops with Mandarin, Beet and Spinach Salad**  
**Blue Dream Curry House Green Curry with Broccoli and Summer Squash**  
**Rhu Bakery Roasted Squash and Fromage Quiche and Kale Salad**

### Sheet Pan Chicken with Green Beans and Russian Banana Fingerlings GF, DF

#### Ingredients:

1 Lb. Queen Bee Pastured Chicken Breasts, diced  
 1 lb Russian Banana Fingerlings, 1-inch dice  
 1 Lb. green beans, washed and ends trimmed  
 ¼ olive oil  
 2 Tbsps. fresh lemon juice  
 1 Tbsp. Italian seasoning  
 2 tsps. salt

#### Instructions:

1. Preheat the oven to 400 degrees. Place the chicken, potatoes, and green beans on a large baking sheet. In a small bowl combine lemon juice, olive oil, salt, and seasoning. Drizzle the mixture over the chicken, beans, and potatoes. Using your hands toss until everything is evenly coated.
2. Place the pan in the center of the oven and roast for 35 minutes, until the chicken is golden brown and cooked through. The potatoes should be tender and green beans brown and lightly crisped.

### Greek Salad with Chickpeas & Crostini with Olive Oil and Balsamic Dipping Sauce GF\*, DF, V

#### Ingredients:

*Salad*  
 1 bunch Romaine Lettuce, rinsed and spun dry  
 1 pint grape tomatoes  
 15 oz. bag Fig chickpeas  
 1 cup kalamata olives, sliced  
 ½ small red onions, diced  
 1 large cucumber, sliced

\*\*Optional: Add Grilled Chicken, Shrimp or Tempeh

#### Instructions:

##### *Salad*

1. Assemble salad in large serving bowl starting with lettuce, tomato, chickpeas, olives, onions and cucumbers.
2. Drizzle with olive oil and balsamic vinegar, salt and pepper to taste.

##### *Crostini*

1. Slice baguette into ½" rounds.

<p><i>Crostini</i></p> <p>1 Rhu Baguette, sliced*</p> <p>¼ cup olive oil</p> <p>2 Tbsp. Balsamic Vinegar</p> <p>1 Tbsp. oregano</p> <p>3 cloves garlic</p> <p>Salt and pepper to taste</p> <p>*GF option- Eat More Bakery Herbed Focaccia cut into strips</p>	<ol style="list-style-type: none"> <li>In a mixing bowl, combine olive oil, balsamic vinegar, oregano, garlic, and salt and pepper to taste. Whisk well to combine.</li> <li>Lightly toast baguette slices, and serve with dipping sauce.</li> </ol>
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**Seared Scallops with Mandarin, Beet and Spinach Salad**  
**GF, DF**

<p><b>Ingredients:</b></p> <p><i>Scallops</i></p> <p>1 Lb. NC Sustainably Sourced Scallops</p> <p>2 tsps. unsalted butter</p> <p>2 tsps. olive oil</p> <p>Salt and black pepper for seasoning</p> <p><i>Salad</i></p> <p>1 bunch spinach, washed and stemmed</p> <p>1 bunch red beets, rough chopped</p> <p>2 Mandarin Oranges</p> <p><i>Balsamic Vinaigrette</i></p> <p>¼ cup balsamic vinegar</p> <p>¼ tsp. salt</p> <p>¼ tsp. black pepper</p> <p>¾ cup olive oil</p>	<p><b>Instructions:</b></p> <p><i>Scallops</i></p> <ol style="list-style-type: none"> <li>Remove the small side muscle from the scallops, rinse with cold water and thoroughly pat dry.</li> <li>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.</li> <li>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.</li> </ol> <p><i>Salad</i></p> <ol style="list-style-type: none"> <li>Preheat oven to 400. Line a baking sheet with parchment paper</li> <li>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.</li> <li>In a salad bowl, toss together the spinach, mandarins, beets and Balsamic Vinaigrette.</li> </ol> <p><i>Vinaigrette</i></p> <ol style="list-style-type: none"> <li>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.</li> </ol>
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**Blue Dream Curry House Green Curry with Broccoli and Summer Squash  
GF, DF, V**

**Ingredients:**

1 pint Blue Dream Curry House Green Dream Curry  
 1 bunch of broccoli, washed, and chopped into bite sized pieces  
 1 Lb. summer squash, washed and chopped into bite sized pieces  
 2 cups Jasmine Rice, prepared per instructions

**Instructions:**

1. Prepare rice per instructions
2. Prepare vegetables and place into oiled skillet on medium heat. When vegetables are tender, pour over Green Dream Curry Sauce. Reduce heat to medium low and simmer for about 10 minutes.
3. Serve curry over rice in bowls.

**Rhu Bakery Roasted Squash and Fromage Quiche and Kale Salad  
V**

**Ingredients:**

*Quiche*

Rhu Bakery Roasted Squash and Fromage Quiche

*Kale Salad*

1 bunch kale, fibrous stems (in the middle of the leaf) removed

1/4 cup grated Parmesan cheese

1/4 cup slivered almonds

*For the dressing:*

1 Tbsp. fresh squeezed lemon juice

2 Tbsp. extra virgin olive oil

¼ tsp. garlic, grated

1/2 tsp. Lusty Monk mustard

Salt and pepper to taste

**Instructions:**

1. Reheat quiche per instructions
2. For the kale, remove the fibrous stems, leaving you with just the greens. On your cutting board, pile all the leaves on top of each other and massage with your hands for about three to five minutes, until the leaves are no longer bitter.
3. Slice the massaged kale into bite size pieces
4. To make the dressing, add all ingredients to a bowl and whisk together until thoroughly combined
5. To assemble the salad, place the kale, almonds, and Parmesan into a large bowl. Top with dressing and toss to combine.

## MEPD Shopping List

### Produce:

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

#### Includes:

Spinach - 8 Ounces - Local, Organic  
Mixed Summer Squash - 2 Pieces - FL, Organic  
Green Kale - 1 Bunch - FL, Organic  
Green Beans - 1 Pound - GA, Organic  
Grape Tomatoes - 1 Pint - FL, Organic  
Gold Nugget Mandarins - 2 Pound - CA, Organic  
Sweet Yellow Onion - 2 Pieces - GA, Organic  
Romaine Lettuce - 1 Head - FL, Organic  
Russian Banana Fingerlings - 1.5 Pounds - CA, Organic  
Broccoli - 1 Pound - GA, Organic

### Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Red onions \\$2.99](#)

[Loose Beets \\$2.99](#)

[Cucumber \\$3.99](#)

### Dairy:

[Organic Valley parmesan cheese \\$6.99](#)

### Meat:

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

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

### Prepared:

[Blue Dream Curry House "Green Dream" \\$7.99](#)

### Pantry:

[15 oz. bag Fig chickpeas \\$4.49](#)

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

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

### Bakery:

[Rhu Bakery Baguette \\$2.99](#)

[Rhu Bakery Squash and Fromage Quiche \\$18.99](#)

**Total: \$143.36**

**Price Per Serving: \$7.17**

## Pantry

### Oils/Fats:

Olive oil  
Unsalted butter

### Herbs/Spices:

Salt  
Pepper  
Italian seasoning  
Oregano

### Vinegar:

Balsamic vinegar

### Condiments:

Kalamata olives

### Nuts/Seeds:

Slivered almonds

