



**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 4-17-2018

Sheet Pan Chicken Parmesan with Roasted Squash

Sauteed Shrimp with Cucumber Tomato Salad

Spinach Asparagus and Cherry Tomato Pasta & Lettuce and Egg Salad

Black Bean, Sweet Potato, Kale Tacos

Homemade Pizza and Salad Kit

Sheet Pan Chicken Parmesan with Roasted Squash

GF*

Ingredients:

½ c. Panko bread crumbs*
 ½ c. grated Organic Valley Parmesan cheese
 1 tsp. Italian seasoning
 1 tsp. garlic powder
 ¼ tsp. red chili flakes
 ¼ tsp. ground black pepper
 3 tbsp. oil, divided
 1 Queen B Pastured egg
 1 Lb. Queen B Pastured chicken breasts, thawed
 1 Lb. yellow squash, sliced
 1 cup (½ pint) Rio Bertolini Tomato Basil Sauce
 ¾ cup shredded Ashe County Mozzarella cheese
 2 Tbsp. freshly chopped basil or parsley for serving

*Use GF Panko crumbs

Instructions:

1. Preheat oven to 400 degrees, place a standard size rimmed baking sheet inside and allow to get hot.
2. In a shallow dish add bread crumbs, parmesan, Italian seasoning, garlic powder, red chili flakes and black pepper. Drizzle in 2 tablespoons of olive oil and toss until bread crumbs are moistened.
3. In a separate shallow dish, lightly beat the egg. Dredge the chicken, one breast at a time in the egg, then transfer to the dish with crumbs. Press to make sure the crumbs stick to the chicken.
4. In a small bowl toss squash in remaining olive oil. Remove pan from the oven and place the chicken onto the pan, add squash around the chicken. Season squash with additional salt and pepper if desired. Return pan to the oven and bake for 15 minutes or until the chicken reaches 160 degrees. Remove from the oven, spread the Tomato Basil sauce over the tops of the chicken and sprinkle with the mozzarella. Return the pan to the oven and BROIL for 2-3 minutes on HIGH or until the cheese melts and begins to bubble.
5. Garnish with freshly chopped herbs, if desired. Serve immediately.

Sauteed Shrimp with Cucumber Tomato Salad

GF

Ingredients:

Shrimp

1 Lb. Mother Ocean Market shrimp, peeled
1 bunch flat leaf parsley
4 cloves garlic, minced
1 lemon, zested and juiced
3 Tbsps. butter
Salt and pepper to taste

Salad

2 slicer tomatoes, chopped
2 cucumbers, peeled, seeded and diced
1/4 red onion, diced or very thinly sliced
1 tsp. oregano
2 Tbsps. olive oil
1 Tbps. red wine vinegar
salt and freshly ground black pepper, to taste
2 ounces Three Graces Dairy Garlic and Herb Goat Cheese, crumbled

*Rhu Baguette, warmed for serving

Instructions:

Shrimp

1. In cold water, clean and devein shrimp. Set aside on a paper towel to absorb any excess water.
2. In a large sauté pan on medium-low heat, add enough olive oil to coat and 4 cloves of minced garlic.
3. Add shrimp so they are all even on the bottom of the pan. Add the zest of one lemon and season with salt and pepper. Cook for 1 to 2 minutes and flip. Then finish with a handful of fresh chopped parsley, the juice of the lemon, and three tablespoons of butter.

Salad

1. Combine tomatoes, cucumber, red onion, and oregano in a serving bowl. Pour over olive oil and red wine vinegar, gently toss to coat and evenly distribute ingredients. Season to taste with salt and pepper; sprinkle with goat cheese.
2. Refrigerate until ready to serve. Salad will keep for up to 2 days, though it does tend to get waterier the longer it sits.

Spinach Asparagus and Cherry Tomato Pasta & Lettuce and Egg Salad

GF*, V

Ingredients:

8 oz. penne pasta*
3 Tbsps. olive oil
2 garlic cloves, minced
1 Lb. asparagus, trimmed and cut into 1-inch pieces
Salt and black pepper
1 pint cherry tomatoes
1 cup frozen peas
1/2 cup chicken stock
1 cup grated Parmesan
2 Tbsps. chopped fresh basil leaves

Salad

1 head hydroponic lettuce
3 hard-cooked eggs
3 oz. olive oil
1.5 oz. fresh lemon juice
2 Tbsps. chopped red onions
Salt and pepper to taste

Instructions:

Pasta

1. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain the pasta, reserving about 1/2 cup of the pasta water.
2. In a large saute pan, heat the oil over medium-high heat. Add the garlic and cook until fragrant, about 1 minute. Add the asparagus, season with the salt and pepper, and cook for 3 minutes until slightly soft. Add the cherry tomatoes and peas. Cook for 2 minutes. Pour the chicken stock into the pan and bring the mixture to a simmer. Cook until the tomatoes start to burst and the stock is reduced by half, about 3 minutes.
3. Transfer the asparagus mixture to a large serving bowl. Add the cooked pasta and 1/2 of the Parmesan. Toss well, adding reserved pasta water, if needed, to loosen the pasta. Garnish with the remaining Parmesan and chopped basil.

Salad

<p>*Use Tinkyada GF Pasta</p>	<ol style="list-style-type: none"> 1. Wash the lettuce and cut in pieces. Drain well. 2. Chop the onion. 3. Peel the eggs and cut in medium size pieces (6 pieces to an egg), cutting 1 egg in round slices. 4. Mix the lettuce, eggs, onion and dill in a glass bowl. Lay the egg slices on top. 5. Whisk together oil and lemon juice. Drizzle over salad. 6. Salt and pepper to taste.
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Black Bean, Sweet Potato, Kale Tacos
GF, DF, V

<p>Ingredients:</p> <p>4 sweet potatoes 1 large bunch kale 3 Tbsps. olive oil, divided salt ½ cup water 2 avocados 2 Tbsps. sour cream or plain full-fat yogurt Juice from 1/2 lime 2 pinches salt 15 oz. Fig Black Beans Chopped cilantro, hot sauce, lime wedges, for serving 1 pack Tortilleria Molina Tortillas, thawed</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare the vegetables. Peel the potatoes and dice them into 1/8-inch cubes (they need to be small to cook through in the skillet). Prepare the kale by removing the stems and slicing the leaves into thin ribbons. 2. Heat 2 Tbsps. of the oil in a large cast-iron skillet over medium heat. Add the potatoes, sprinkle with salt, and spread them out into a single layer. Cover the skillet (use a baking sheet if you don't have a large lid), and cook for 10 minutes (tossing once), until fork-tender. Add in the kale ribbons, another sprinkle of salt, and the water. Toss to combine, cover again, and cook for another 10 minutes, until the kale is wilted (tossing once). Taste and add more salt if needed. 3. While the vegetables are cooking, make the avocado cream. Do this by mashing the avocado, sour cream, lime juice, and salt together in a small bowl. 4. To serve, pile black beans and vegetables into fresh corn tortillas. Top with avocado cream, chopped cilantro, hot sauce, and a squirt of fresh lime juice.
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Homemade Pizza and Salad
GF, V

<p>Ingredients:</p> <p><i>Included</i></p> <p><i>Pizza</i></p> <p>Rio Bertolini NY Pizza Dough OR Eat More Gluten-Free Pizza Dough (2 Pack) 15.5 oz. Field Day Organic Pizza Sauce 6 oz. Organic Valley Shredded Mozzarella Cheese</p> <p><i>Salad</i></p> <p>1 Head Local/Organic Romaine Lettuce, washed, torn and dried</p>	<p>Instructions:</p> <p><i>Pizza</i></p> <ol style="list-style-type: none"> 1. Roll out pizza dough and place on a parchment paper lined baking sheet. Preheat oven to 400. Spoon on pizza sauce and distribute evenly. Sprinkle with cheese. Top with meats, veggies, spices, as desired. 2. Bake for 10-12 minutes until cheese and crust are browned. <p><i>Salad</i></p> <ol style="list-style-type: none"> 1. Assemble salad in large serving bowl, starting with lettuce, cucumbers, tomato, and bell peppers. Drizzle with dressing of choice. Toss to evenly coat.
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1 Local/Organic Cucumber, thinly sliced
1 Local/Organic Slicer Tomato, cut into wedges
1 Organic Bell Pepper, washed, seeded and cut into strips, then diced

MEPD Shopping List

Produce:

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

Includes:

Asparagus - 1 Pound - Local, No-Spray - Monetta Asparagus Farm
Yellow Squash - 2 Pieces - FL, Organic - Alderman Farm
Slicer Tomatoes - 2 Pieces - FL, Organic - Alderman Farm
Hydroponic Lettuce - 10 Ounces - Local, Hydroponically-Grown - Serious Dog Farm
Cucumbers - 2 Pieces - FL, Organic - Alderman Farm
Sweet Potatoes - 4 Pieces - Local, Organic - Triple J Farm
Green Kale - 1 Bunch - Local, Organic - New Sprout Farm
Gold Nugget Mandarin - 1 Pound - FL, Organic - Crosset Organics
Spinach - 8 Ounces - Local, Organic - R Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Parsley \\$2.99](#)

[Fresh Basil \\$2.99](#)

[Red onions \\$2.99](#)

[1 pint cherry tomatoes \\$4.99](#)

[Avocados \\$4.99](#)

[cilantro \\$2.99](#)

Bakery:

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

Meat:

[1 Lb. Queen B Pastured chicken breasts \\$11.99](#)

[1 Lb. Mother Ocean Market shrimp \\$17.95](#)

Dairy:

[Queen B Pastured eggs \\$4.99](#)

[Happy Cow Creamery Mozzarella cheese \\$6.49](#)

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

[Three Graces Dairy Garlic and Herb Goat Cheese \\$6.99](#)

Prepared:

[Homemade Pizza Kit \\$19.99](#)

[Rio Bertolini Tomato Basil Sauce \\$5.99](#)

[1 pack Tortilleria Molina Tortillas \\$4.99](#)

Pantry:

[Penne Pasta \\$3.99](#)

[15 oz. Fig Black Beans \\$4.49](#)

Total: \$158.77

Price Per Serving: \$7.93

Pantry

Oils/Fats:

Olive Oil

Unsalted butter

Vinegar:

Red Wine vinegar

Herbs/Spices:

Salt

Pepper

Crushed red pepper

Italian seasoning

Garlic powder

Oregano

Grocery:

Panko Breadcrumbs

Frozen peas

