



*\*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 5-15-2018**

### **Avocado Strawberry Caprese Salad**

### **Bartlett Pear, Walnut, and Blue Cheese Pizza & Summer Lettuce Salad**

### **Grilled Salmon & Vidalia Onion and Cucumber Salad**

### **Coconut Red Lentil Stew with Sweet Potatoes and Kale**

### **Stir Fried Hempeh, Carrots and Baby Bok Choy**

#### **Avocado Strawberry Caprese Salad**

**GF, V**

##### **Ingredients:**

¼ cup balsamic vinegar  
1 Lb. sliced strawberries  
1 pint halved cherry tomatoes  
1 cup cubed Happy Cow Creamery Mozzarella  
2 ripe avocados, pitted and diced  
½ cup walnuts, toasted  
½ cup loosely packed basil, torn  
1 bunch spinach, washed, dried, ends trimmed  
olive oil, for drizzling  
Salt and pepper to taste

##### **Instructions:**

1. In a small saucepan, bring the balsamic vinegar to a high simmer over medium heat. Stir, then reduce the heat to low and simmer until the vinegar has thickened and reduced by half, about 8 to 10 minutes. Set aside to cool.
2. Place the strawberries, cherry tomatoes, mozzarella, avocado, walnuts and basil in a shallow bowl or platter. Place spinach in serving bowl and top with caprese salad. Drizzle with olive oil, and season generously with salt and pepper. Gently toss. Drizzle with the reduced balsamic.

## Bartlett Pear, Walnut, and Blue Cheese Pizza & Summer Lettuce Salad

GF\*, V

### Ingredients:

#### *Pizza*

1 Rio Bertolini Pizza Dough Ball, divided, or 2 Eat More Bakery GF Pizza Crusts  
8 oz. shredded mozzarella  
3 Bartlett Pears, sliced  
1 oz. walnuts, chopped  
½ cup blue cheese  
2 Tbsp. olive oil for brushing crust

#### *Salad*

5 oz. Summer Lettuce Salad  
Olive oil and Balsamic vinegar  
Salt and pepper to taste

### Instructions:

#### *Pizza*

1. Prepare pizza dough per instructions
2. Preheat oven to 350. Arrange chopped walnuts into a single layer. Toast until slightly brown, about 5-10 minutes
3. Place pizza stone or pan inside and raise temperature to 450 for 10 minutes to help crust be crispy
4. Roll both pizza dough balls out onto floured surface (maintain GF or not with flour)
5. Brush dough with olive oil. Cover the pizza crusts with a layer of mozzarella cheese, distributing evenly over both pizzas. Top both pizzas evenly with pears, toasted walnuts, and blue cheese
6. Transfer pizza to pan or stone and cook until cheese melts and crust turns golden brown, about 10 minutes.
7. Let cool for 5-10 minutes before cutting.

#### *Salad*

1. Assemble mixed greens in serving bowl. Dress with olive oil and balsamic vinegar and season with salt and pepper as desired.

## Grilled Salmon & Vidalia Onion and Cucumber Salad

GF, DF

### Ingredients:

#### *Salmon*

4 (6- to 8-ounce) salmon fillets  
Salt and pepper  
Olive oil

#### *Vidalia Onion and Cucumber Salad*

##### Ingredients:

2 cucumbers, peeled or not, your preference  
½ Vidalia onion  
½ cup apple cider vinegar  
¼ cup olive oil  
2 Tbsps. honey  
½ tsp. salt  
½ tsp. pepper  
½ tsp garlic powder  
2 Tbsps. chopped fresh dill

### Instructions:

#### *Salmon*

1. Prepare grill and bring to medium high heat.
2. Season the salmon with salt and pepper, lightly oil the grate of the grill, then place the fillets skin-side up over the fire and cook for about 2 to 3 minutes, until lightly browned.
3. Gently flip the salmon over and cook 3 to 4 minutes.

#### *Vidalia Onion & Cucumber Salad*

1. Cut the cucumbers lengthwise and cut into slices
2. Thinly slice the onion into slices
3. Place both in a medium sized bowl
4. In a 2 cup measuring cup, mix the vinegar, olive oil, honey, salt, pepper, garlic powder and dill and whisk well
5. Pour the mixture over the cucumbers and onions and stir until well coated
6. Ideally, store the in the fridge for at least 2 hours to let the flavors marry

## Coconut Red Lentil Stew with Sweet Potatoes and Kale

GF, DF, V

### Ingredients:

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.

## Stir Fried Hemepeh, Carrots and Baby Bok Choy

GF\*, DF, V

### Ingredients:

Sweet Miso Ginger Marinated Hemepeh Strips

1 Lb. Baby Bok Choy, chopped  
1 Lb. carrots, cut into coins  
2 Tbsps. Olive oil

Stir Fry Sauce

1/2 cup soy or Tamari\* sauce  
1/2 cup vegetable broth (or water)  
1 Tbsp. honey  
1 tsp. Rice wine vinegar  
2 tsps. ground ginger  
2 cloves garlic, minced

Rice

2 cups Lundberg Jasmine Rice

\*Use GF Tamari

### Instructions:

1. Prepare Jasmine rice per instructions
2. Combine the soy sauce, broth, honey, vinegar, ginger and garlic in a mason jar. Seal and shake well, until incorporated.
3. Warm large skillet or wok over medium high heat. Add olive oil when warm.
4. Add carrots to skillet and cook for about 5 minutes. Add baby bok choy, and then hemepeh. Once lightly sauteed, add the stir fry sauce and cook for about 5 minutes to meld flavors. Serve over Jasmine rice.

## MEPD Shopping List

### Produce:

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

#### Includes:

Strawberries - 1 Pound - Local, Organic  
Spinach - 1 Bunch - Local, Organic  
Kale - 1 Bunch - Local, Organic  
Summer Lettuce Mix - 5 Ounces - Local, Organic  
Cucumbers - 2 Pieces - GA, Organic  
Sweet potatoes - 4 Pieces - Local, Organic  
Bok Choy - 1 Head - Local, Organic  
Bartlett Pears - 3 Pieces - WA, Organic  
Vidalia Onions - 1 Pound - GA, Organic  
Carrots - 1 Bunch - Local, Organic

### Add-On Produce:

[Cherry tomatoes \\$4.99](#)

[Avocados \\$4.99](#)

[Basil \\$2.99](#)

[Garlic \\$2.99](#)

[Cilantro \\$2.99](#)

### Eggs/Dairy:

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

[Organic Valley Shredded Mozzarella \\$5.99](#)

### Meat/Protein:

[Sweet Miso Ginger Marinated Hempteh Strips \\$6.99](#)

[2 Lbs. Wild Caught Salmon \\$29.98](#)

### Prepared:

[1 Rio Bertolini Pizza Dough Ball \\$2.99](#)

### Pantry:

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

[red lentils \\$6.99](#)

[2 cans Native Forest organic coconut milk \\$7.98](#)

**Total: \$131.35**

**Price Per Serving: \$6.56**

## Pantry

### Oils/Fats:

Olive oil

### Vinegar:

Balsamic vinegar  
Apple cider vinegar  
Rice wine vinegar

### Herbs/Spices:

Salt  
Pepper  
Garlic powder  
Fresh dill  
garam masala  
Cumin  
Turmeric  
Ground Ginger

### Nuts/Seeds:

walnuts

### Sweeteners:

Honey

### Dairy:

Blue Cheese

### Grocery:

Vegetable broth  
Soy or Tamari Sauce