



***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 6-26-2017

- Herb Roasted Chicken Breast with Corn & Cucumber Salad**
- Breakfast Biscuits with Grilled Balsamic Peaches & Mixed Green Salad**
- Baked Chilaquiles with Sweet Corn and Summer Squash**
- Blueberry, Kale and Quinoa Salad**
- Grilled Pizza with Red Onions and Feta**

Herb Roasted Chicken Breast with Corn & Cucumber Salad

GF, DF

Ingredients:

Chicken

1 Lb. Queen B Pastured Chicken Breasts, cut into 2 inch pieces
 3 Tbsps. olive oil
 ¼ cup minced red spring onions
 1 clove garlic, minced
 1 Tbsp. chopped fresh rosemary
 1 Tbsp. chopped fresh thyme
 1/4 cup fresh lemon juice
 Salt and pepper to taste
 Grated zest of half lemon

Salad

3 ears sweet corn, kernels removed
 1 Lb. Mini European cucumbers, halved lengthwise and sliced
 1 bunch green onions, sliced (minus ¼ cup for chicken marinade)
 1/4 cup olive oil
 1/4 cup balsamic vinegar
 2 Tbsps. honey
 1 tsp. Lusty Monk Mustard
 salt and pepper to taste

Instructions:

Chicken

1. Put chicken in a large resealable plastic food storage bag.
2. Combine marinade ingredients and pour over chicken. Turn bag to coat chicken pieces well. Refrigerate and marinate overnight or for 2 to 4 hours, turning occasionally.
3. Preheat the oven to 400 F.
4. Remove chicken from marinade and drain well
5. Arrange chicken on a rack on a parchment paper-lined baking dish or roaster. Bake for 35 minutes.

Salad

1. Toss corn, cucumbers and red spring onions in a large bowl.
2. Place the remaining ingredients in a blender and blend until smooth and incorporated. Drizzle dressing over vegetables and toss to coat.
3. Taste and adjust for seasoning. Serve and enjoy!

Breakfast Biscuits with Grilled Balsamic Peaches & Mixed Green Salad

GF*, V

Ingredients:

Rhu Bakery Buttermilk Biscuits*
4 Queen Bee Farm pastured eggs
Salt and pepper to taste

*GF option: Eat More Bakery Biscuits

Salad

1/4 cup balsamic vinegar
2 tablespoons honey
2 Lbs. peaches, halved, and pitted
5 oz. Mixed Lettuce Greens

Instructions:

Biscuits

1. Prepare pastured eggs as desired. Recommend over medium, seasoned with salt and pepper to taste
2. Warm biscuits and top with prepared eggs.

Salad

1. Bring vinegar to a boil in a saucepan, reduce heat and simmer until reduced in half. Remove from heat and stir in honey.
2. Coat grill rack with cooking spray and heat grill. Lightly coat peach halves with oil. Place peaches, cut side facing down on the grill and cook until well marked, about 3 minutes.
3. Turn and cook until fairly tender, about 3 minutes longer. Brush the tops with the vinegar mixture and grill another 1 minute.
4. Arrange grilled peaches over mixed lettuce greens.

Baked Chilaquiles with Sweet Corn and Summer Squash

GF, V

Ingredients:

16 (6") Tortilleria Molina corn tortillas, cut into sixths
5 Tbsps. light cooking oil, such as avocado
salt, as needed
16-ounce jar Green Mountain Gringo medium salsa
1 lb. yellow squash
3 ears sweet corn
1/2 of a vidalia onion peeled and thinly sliced
8 Queen B Pastured eggs
3/4 cup packed, grated Happy Cow Creamery
Pepper Jack Cheese

For serving:

Happy Cow Creamery Pepper Jack Cheese
Chopped cilantro leaves
1 pint grape tomatoes, quartered
lime wedges
2 ripe avocados, sliced

Instructions:

1. Position racks in the upper and lower thirds of the oven and preheat to 400°F.
2. Cut the tortillas into sixths and divide between two rimmed baking sheets. Drizzle each pan with 1 Tbsp. of the oil and a few pinches of salt, and toss with your hands to coat lightly. Spread the tortillas in an even layer and bake until golden and crisp, 10-15 minutes.

Make the chilaquiles:

1. Trim the ends off the squash and cut them into fairly thin rounds. Shuck the corn and holding a cob in a shallow bowl by one end, use a paring knife to cut off the kernels.
2. Heat a Tbsp. of oil in a wide skillet set over a medium heat. Add the onion and cook, stirring occasionally until tender, 5 minutes. Add the sliced squash and a big pinch of salt, and cook until crisp-tender, 5 more minutes, stirring occasionally.
3. Place the tortilla chips in a large bowl, pour in the salsa, and toss with your hands to coat. Fold in the cooked squash mixture and the corn kernels.
4. Oil a large baking dish and spread in the tortilla mixture and any sauce hanging out on the bottom of the bowl. Bake until the chips are hot and starting to crisp a bit around the edges, 10-15 minutes.

	<ol style="list-style-type: none"> 5. Remove from the oven and sprinkle on the pepper jack cheese. Use the back of a soup spoon to make 8 divots in the chips. Carefully crack the eggs into the divots and sprinkle with a few pinches of salt. Return to the oven and bake until the eggs are set to your liking, 12-18 minutes. 6. Remove the chilaquiles from the oven, scatter the pepper jack cheese, tomatoes and cilantro over the top, and serve immediately with the salsa, avocado, and lime wedges for drizzling over the tops.
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Blueberry, Kale and Quinoa Salad GF, DF, V	
Ingredients: 2 cups cooked Alter Eco quinoa, cooled 1 pint fresh blueberries 1 bunch shredded kale 6 oz. crumbled Three Graces Dairy “Scottish Spiced Ginger” 1/2 cup sliced almonds 2 Tbsps. olive oil 3 Tbsps. fresh lemon juice Salt and pepper to taste	Instructions: <ol style="list-style-type: none"> 1. In a large bowl, combine quinoa, blueberries, kale, goat cheese, and almonds. Mix until well combined. 2. Add olive oil and lemon juice and toss to fully coat. Season with salt and fresh ground pepper to taste.

Grilled Pizza with Red Onions and Feta GF*, V	
Ingredients: 1 Lb. red onions, cut in half lengthwise and thinly sliced across the grain olive oil Salt and ground pepper 1 Rio Bertolini NY Style Pizza Dough ball, thawed and halved* ¾ cup Rio Bertolini’s Tomato Basil sauce, thawed 1 Tbsp. (or more, to taste) fresh thyme leaves 3 ounces crumbled feta *Use Eat More Bakery Pizza Crusts for GF Option	Instructions: <ol style="list-style-type: none"> 1. Prepare a hot grill. Place the onions in a bowl and toss with 1 tablespoon of the olive oil and salt and pepper to taste. Place a perforated grill pan on the grill and let it get hot, then add the onions and cook, tossing in the pan or stirring with tongs, for about 3 to 5 minutes, just until they soften slightly and begin to char. Remove from the grill and return the onions to the bowl. 2. Oil the hot grill rack with olive oil. Place a round of dough on a rimless baking sheet. Slide the pizza dough from the baking sheet onto the grill rack. Close the lid of the grill – the vents should be closed --- and set the timer for 2 minutes. 3. Lift up the grill lid. The surface of the dough should display some big air bubbles. Using tongs, lift the dough to see if it is evenly browning on the bottom. Rotate the dough to assure even browning. Keep it on the grill, moving it around as necessary, until it is nicely browned, with grill marks. Watch closely so that it doesn’t burn. When it is nicely browned on the bottom (it may be blackened in spots), use tongs or a spatula to slide the dough onto the baking sheet or peel, and remove from the grill. Cover the grill again.

	<p>4. Make sure that there is still some flour on the baking sheet and flip the dough over so that the uncooked side is now on the bottom. Brush the top lightly with oil, then top with a thin layer of Tomato Basil sauce (no more than 1/4 cup) and a layer of grilled sliced onions. Sprinkle with thyme and feta, and drizzle on a little more olive oil. Slide the pizza back onto the grill. If using a gas grill, reduce the heat to medium-high. Close the lid and cook for 2 to 3 more minutes, until the bottom is brown. Open the grill and check the pizza. The top should be hot and the bottom nicely browned. If the bottom is getting too dark but the pizza still needs a little more time, move it to a cooler part of the grill and close the top. Use a spatula or tongs to remove the pizza to a cutting board. Cut into wedges and serve. Repeat with the other three crusts.</p>
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MEPD Shopping List

Produce:

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

Includes:

Blueberries - 1 Pint - Local, Organic - Cottle Farm
Mini European Cucumbers - 1 Pound - Local, Organic - Sunburst Farm
Peaches - 2 Pounds - Local, IPM - Burton Farm
Green Kale - 1 Bunch - Local, Organic - Ivy Creek Family Farm & R Farm
Yellow Squash - 1 Pound - Local, Organic - Cottle Farm
Grape Tomatoes - 1 Pint - VA, Organic - Old Dominion Farm
Mixed Salad Lettuce - 5 Ounces - Local, Organic - Greenshine Farm
Sweet Corn - 6 Ears - GA, Non-GMO - Crosset Organics
Red Onions - 1 Pound - GA, Organic - Crosset Organics

Add-On Produce:

[Lemons \\$3.99](#)
[Avocado \\$4.99](#)
[Red Spring Onions \\$2.99](#)
[Rosemary \\$2.99](#)
[Thyme \\$2.99](#)
[Sweet Vidalia onion \\$2.99](#)
[Cilantro \\$2.99](#)

Pantry:

[Quinoa \\$8.99](#)
[Green Mountain Gringo Salsa \\$6.99](#)
[Lusty Monk Mustard \\$6.99](#)
[Green Mountain Gringo medium salsa \\$6.99](#)

Bakery:

[Rhu Bakery Buttermilk Biscuits \\$5.99](#)
[1 pack Tortilleria Molina corn tortillas \\$4.99](#)

Dairy:

[1 dozen Queen B Pastured Eggs \\$5.99](#)
[Three Graces Dairy "Scottish Spiced Ginger" \\$6.99](#)

Meat:

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

Prepared:

[Rio Bertolini NY Style Pizza Dough ball \\$2.99](#)
[Rio Bertolini's Tomato Basil sauce \\$5.99](#)

Total: \$136.82

Price Per Serving: \$6.84

Pantry

Oils/Fats:

Olive oil

Vinegar:

Balsamic vinegar

Herbs/Spices:

Salt
Pepper

Condiments/Sweeteners:

honey

Dairy:

Feta

Produce:

Limes

Nuts/Seeds:

Sliced almonds