



**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 8-15-2017

Bhindi “Midnight Masala” Curry

Breakfast Biscuits with Grilled Balsamic Peaches & Red Leaf Salad

Lemony Green Bean and Summer Squash Pasta Salad

Roasted Chicken Legs with Yukon Gold Potatoes and Kale

Grass-fed Hamburger Grilling Kit

Bhindi “Midnight Masala” Curry

GF, V

Ingredients:

3 Tbsps. Olive oil
 1 Vidalia onion, diced
 1 pint Sungold Cherry Tomatoes, washed and halved
 1 Lb. okra, sliced into ¼” rounds
 Blue Dream Curry House “Midnight Masala” Curry Sauce
 2 cups Lundberg Jasmine Rice, prepared per instructions

Instructions:

1. Prepare Jasmine rice per instructions.
2. Heat large skillet over medium high heat. Add olive oil once warm.
3. Add diced onions to oiled skillet, and cook for 5 minutes. Add in halved tomatoes, and cook for another 3 minutes. Add in sliced okra, and cook for 4 minutes, until vegetables are tender.
4. Add Blue Dream Curry House “Midnight Masala” sauce and reduce heat. Simmer for 10-15 minutes to allow flavors to combine.
5. Serve curry over rice.

Breakfast Biscuits with Grilled Balsamic Peaches & Red Leaf Salad

GF, V

Ingredients:

Biscuits
 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

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 spray Place peaches, cut side

<p>4 peaches, halved, and pitted 1 head red leaf lettuce, washed, dried and torn</p>	<p>facing down on the grill and cook until well marked, about 3 minutes.</p> <ol style="list-style-type: none"> Turn and cook until fairly tender, about 3 minutes longer. Brush the tops with the vinegar mixture and grill another 1 minute. Arrange grilled peaches over red leaf lettuce.
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Lemony Green Bean and Summer Squash Pasta Salad
GF, V

<p>Ingredients: <i>Pasta Salad</i> 1 Lb. Tinkyada GF Penne Pasta 1 Lb. trimmed green beans 1 Lb. Summer Squash, diced 1 large red onion, sliced thin 6 oz crumbled Three Graces Dairy Garlic and Herbs goat cheese 1 cup walnut halves and pieces, toasted</p> <p><i>Vinaigrette</i> 1 tsp. finely grated lemon zest 4 Tbsps. freshly squeezed lemon juice 2 tsps. honey 1 tsp. Lusty Monk Mustard 8 Tbsps. Olive oil Salt and pepper to taste</p>	<p>Instructions: <i>Pasta Salad</i></p> <ol style="list-style-type: none"> Cook pasta according to directions. Drain and set aside to cool. Saute green beans and summer squash in olive oil until crisp tender, about 6-8 minutes. In a large mixing bowl combine cooled pasta with green beans and toss. Add red onion, walnuts and goat cheese along with dressing and stir until combined. Taste for salt and pepper and add to taste. <p><i>Vinaigrette</i></p> <ol style="list-style-type: none"> In a small bowl, whisk together the lemon zest, lemon juice, honey, mustard, and salt, whisking until the honey and salt are dissolved. Add 4 tablespoons of the oil in a slow stream, whisking constantly until the dressing is well blended. Season with salt and freshly ground black pepper. Pour vinaigrette over pasta salad and fold to combine.
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Roasted Chicken Legs with Yukon Gold Potatoes and Kale
GF, DF

<p>Ingredients: 1 bunch kale, stems and inner ribs removed 2.5 Lbs. Yukon Gold potatoes, sliced 1/4 inch thick 1 Vidalia onion, thinly sliced 1/4 cup extra-virgin olive oil Salt and freshly ground pepper 4 pastured chicken legs, thawed 1 tsp. paprika Lemon wedges, for serving</p>	<p>Instructions:</p> <ol style="list-style-type: none"> Preheat the oven to 450°. In a very large roasting pan, toss the kale, potatoes and onion with the olive oil. Season with salt and pepper and spread in an even layer. Set the chicken on a cutting board, skin side down. Slice halfway through the joint between the drumsticks and thighs. Season with salt and pepper, sprinkle with the paprika and set on top of the vegetables. Cover the pan with foil. Roast the chicken in the upper third of the oven for 20 minutes. Remove the foil and roast for 30 minutes longer, until the chicken is cooked through and the vegetables are tender. Transfer the chicken to plates and spoon the vegetables alongside. Serve with lemon wedges.
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Grass-fed Hamburger Grilling Kit

Ingredients:

6 Hamburger Buns - Rhu Bakery
1 Lb. Hickory Nut Gap Ground Beef, thawed
1 head local, organic romaine lettuce
2 local, organic slicer tomatoes
1 organic red onion
1 block grass-fed cheddar cheese

Instructions:

1. Thaw beef if frozen. Prepare grill.
2. Place beef in bowl and season with salt and pepper, and other spices as desired.
3. Patty into desired size. Divide into 4 patties, 1 Lb. grass-fed beef makes 4 quarter pound burgers.
4. Prepare platter of toppings: Sliced tomatoes, leaves of lettuce, sliced red onion, and sliced cheese.

MEPD Shopping List

Produce:

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

Includes:

Blueberries - 1 Pint - Local, No Spray - Perry's Berries
Sungold Cherry Tomatoes - 1 Pint - Local, Organic - Old Dominion Farm
Green Kale - 1 Bunch - Local, Organic - R Farm
Red Leaf Lettuce - 1 Bunch - Local, Organic - Riverstone Organics
Peaches - 2 Pounds - Local, IPM - Burton Farm
Green Beans - 1 Pound - GA, Organic - Crosset Organics
Summer Squash - 1 Pound - Local, Organic - Timberwood Organics
Yukon Gold Potatoes - 2.5 Pounds - Local, Organic - Black River Organics
Okra - 1 Pound - Local, Organic - Patty's Farm

Add-On Produce:

[Lemons \\$3.99](#)

[Red onion \\$2.99](#)

[Vidalia onions \\$2.99](#)

Pantry:

[Tinkyada GF Penne Pasta \\$5.99](#)

[Jasmine Rice \\$6.99](#)

Bakery:

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

Dairy/Eggs:

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

[1 Dozen Queen B Farms pastured eggs \\$5.99](#)

Meat:

[2 Lbs. Pastured Chicken Legs \\$6.49/Lb.](#)

Prepared:

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

[Grass-fed Hamburger Grilling Kit \\$24.99](#)

Total: \$132.39

Price Per Serving: \$6.61

Pantry

Oils/Fats:

Olive oil

Vinegar:

Balsamic vinegar

Herbs/Spices:

Salt

Pepper

paprika

Nuts/Seeds:

Walnuts

Condiments/Sweeteners:

[Honey \\$11.99](#)

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

