



***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 8-7-2018

Pesto Pasta with Blistered Cherry Tomatoes
Prosciutto and Cantaloupe Panini with Mixed Green Salad
Beef Stir Fry with Green Beans and Bell Peppers
Quinoa Bowl with Kale, Hard Cooked Eggs and Avocado
Roasted Pork Chops and Peaches

Pesto Pasta with Blistered Cherry Tomatoes

GF*, V

Ingredients:

Pesto

1 oz. fresh basil leaves, packed
 1/2 cup freshly grated Organic Valley Parmesan cheese
 1/2 cup olive oil
 1/3 cup pine nuts (can sub chopped walnuts)
 3 garlic cloves, minced
 1/4 teaspoon salt, more to taste
 1/8 teaspoon freshly ground black pepper, more to taste

Pasta

2 portions Rio Bertolini Angel Hair Pasta (serves 4)*

Blistered Tomatoes

1 pint mixed cherry tomatoes
 1 Tbsp. olive oil
 Pinch of salt

*Use Tinkyada GF Pasta

Instructions:

1. Preheat oven to 425 degrees F. Line a rimmed baking sheet with parchment paper for easy clean up.
2. Make the Pesto: In the bowl of a food processor, combine the garlic and pine nuts. Process until finely chopped. Add the basil, parmesan, salt and pepper. Process until coarsely chopped. With the processor running, slowly add in the olive oil in a steady stream. Process until smooth. Taste and adjust for seasoning with salt and pepper.
3. Roast the Tomatoes: Place tomatoes on baking sheet and drizzle with 1 Tbsp. olive oil. Season with ½ tsp. salt and 1/8 tsp. pepper. Roast in oven for 18-20 minutes, or until tomatoes are very juicy, but not broken down.
4. Meanwhile, cook the pasta in salted water and cook until al dente according to package directions. Drain and transfer to a large bowl.
5. Add pesto to bowl with pasta and toss until well coated.
6. Divide pasta between serving bowls and top with blistered tomatoes. Garnish with additional parmesan if desired. Serve.

Prosciutto and Cantaloupe Panini with Mixed Green Salad

GF*

Ingredients:

Panini

Rhu Bakery Ciabatta Loaf, sliced*
Prosciutto ham, thinly sliced
Cantaloupe, thinly sliced
Happy Cow Creamery Havarti Cheese, sliced

Salad

5 oz. mixed green salad
Bragg's Healthy Vinaigrette

*GF option: Consider Eat More Bakery Herbed Focaccia

Instructions:

1. Coat a panini grill or griddle with olive oil. Heat over medium heat. Arrange half of the cheese over the bottom piece of ciabatta. Arrange the prosciutto and cantaloupe atop the cheese. Cover with the remaining cheese, then the ciabatta on top.
2. Grill the panini until the cheese melts and the bread is crisp and golden, about 6 minutes. Cut the panini in half and serve with mixed greens drizzled with Bragg's Healthy Vinaigrette

Beef Stir Fry with Green Beans and Bell Peppers

GF*, DF

Ingredients:

Stir Fry

1 Lb. Hickory Nut Gap Farm grass-fed stew meat, thawed and cut into small pieces
1 Lb. mixed bell peppers, thinly sliced
1 Lb. green beans, ends trimmed
1 Vidalia onion, thinly sliced

Stir Fry Sauce

1/2 cup soy sauce (or Tamari if GF)
1/2 cup beef broth
1 tablespoon cornstarch (or arrowroot)
1 tablespoon honey
1 teaspoon sesame oil
1 teaspoon rice vinegar
2" piece of ginger, peeled and grated or finely minced
2 garlic cloves, grated or finely minced

Rice

2 cups Lundberg Brown Rice, prepared per instructions

Instructions:

1. Prepare brown rice per instructions
2. Whisk all ingredients together to prepare the stir fry sauce
3. While rice cooks, heat 1/2 of sesame oil in a large pan, or wok over medium high heat. Season stew meat with salt and pepper as desired. Add stew meat to the pan, and sear until just browned outside, approx. 1 minute per side. Remove from pan and set aside to rest for 5 minutes.
4. Wipe pan from stew meat clean and add remaining sesame oil over medium-high heat. When oil is shimmering, add green beans and bell peppers and cook, stirring, until softening, about 5 minutes.
5. Add stew meat back to pan, and add stir fry sauce. Heat for 3 minutes until sauce thickens and flavors meld.
6. Serve the stir fry over brown rice and enjoy!

Quinoa Bowl with Kale, Hard Cooked Eggs and Avocado

GF, DF

Ingredients:

2 cups uncooked Alter Eco Rainbow quinoa, well rinsed
2 Tbsps. soy sauce or Tamari
4 tsps. finely chopped peeled ginger
1 Tbsp. rice wine vinegar
¼ cup olive oil
1 tsp. sesame oil
1 bunch red kale, thick ribs removed, leaves torn into large pieces
4 large eggs
1 avocado, peeled, pitted and sliced
1 Lb. cucumber, peeled and sliced thinly
1 cup coarsely chopped kimchi, or to taste
Sliced scallions, for serving
Sesame seeds, for serving

Instructions:

1. In a small bowl, whisk together soy sauce, ginger, vinegar and salt to taste. Whisk in olive and sesame oils.
2. Saute kale in seasoned oil mixture, approximately 5-7 minutes until tender.
3. Meanwhile, bring a medium pot filled with water to a boil. Using a slotted spoon, carefully lower eggs into water; boil 6 minutes. Transfer eggs immediately to a bowl of ice water to cool and peel.
4. Place 1 cup cooked quinoa in each bowl. Divide the kale among the bowls, mounding it on top of the quinoa. Arrange avocado and cucumber slices next to the kale. Peel eggs and cut in half; place two halves on top of each bowl. Sprinkle each bowl with kimchi, scallion, and sesame seeds. Spoon soy-ginger dressing over bowls.

Roasted Pork Chops and Peaches

GF, DF

Ingredients:

1 10 ounce package couscous
1 Tbsp. olive oil
4 Hickory Nut Gap Farm boneless pork chops, thawed
salt and black pepper
1 Lb. Donut peaches, cut into wedges
1 Vidalia onion, cut into thin wedges
3 Tbsps. white wine vinegar

Instructions:

1. Heat oven to 400° F. Cook the couscous according to the package directions.
2. Meanwhile, heat the oil in a large ovenproof skillet over medium-high heat.
3. Season the pork with ½ teaspoon salt and ¼ teaspoon pepper and cook until browned, 3 to 5 minutes per side. Transfer to a plate.
4. Add the peaches, onion, vinegar, and ¼ teaspoon each salt and pepper to the skillet and cook, tossing, for 1 minute.
5. Return the pork (and any accumulated juices) to the skillet. Transfer to oven and roast until the pork is cooked through and the peaches are tender, 8 to 10 minutes.
6. Sprinkle the pork and peaches and serve with the couscous.

MEPD Shopping List

Produce:

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

Includes:

Red Kale - 1 Bunch - Local, Organic - New Sprout Farm
Mixed Cherry Tomatoes - 1 Pint - Local, Organic - Ivy Creek Family Farm
Donut Peaches - 2 Pounds - Local, IPM - Burton Farm
Mixed Bell Peppers - 1 Pound - Local, Organic - R Farm
Mixed Green Salad Mix - 5 Ounces - Local, Organic - Greenshine Farm
Cucumbers - 1 Pound - Local, Organic - Tumbling Shoals Farm
Sweet Vidalia Onion - 1 Pound - GA, Organic - Oso Sweet Farm
Green Beans - 1 Pound - GA, Organic - Crosset Organics
Cantaloupe - 1 - Local, Organic - Balsam Gardens Farm
Basil - 1 Ounce - Local, Organic - Greenshine Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Ginger \\$3.99](#)

Pantry:

[Bragg's Healthy Vinaigrette \\$6.49](#)

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

[Local Wildflower Honey \\$11.99](#)

[Alter Eco Rainbow quinoa \\$8.99](#)

Bakery:

[Rhu Bakery Ciabatta Loaf \\$5.99](#)

Dairy/Eggs:

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

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

[Happy Cow Creamery Havarti Cheese \\$5.99](#)

Meat:

[1 Lb. Hickory Nut Gap Farm Beef Stew Meat \\$8.99](#)

[2 packages HNG Pork Chops \\$19.98](#)

Prepared:

[2 portions Rio Bertolini Angel Hair Pasta \\$6.98](#)

Total: \$140.35

Price Per Serving: \$7.01

Pantry

Oils/Fats:

Olive oil
Sesame oil

Vinegar:

rice vinegar

Herbs/Spices:

Salt
Pepper

Nuts/Seeds:

pine nuts
Sesame seeds

Produce:

Scallions

Meat:

Prosciutto ham

Condiments:

Soy sauce or Tamari
Kimchi

Grocery:

beef broth
cornstarch