



*fred\*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 6-20-2017**

### **Yellow Wax Bean Salad with Chunky Tomato Dressing and Goat Cheese with Roasted Zucchini \* Proscuitto and Athena Cantaloupe Panini \* Quinoa Bowl with Kale, Hard Cooked Eggs and Avocado \* One-Sheet Balsamic Chicken, Roasted Potatoes and Broccoli \* Rio Bertolini Four Cheese Manicotti and Chopped Salad**

#### **Yellow Wax Bean Salad with Chunky Tomato Dressing and Goat Cheese with Roasted Zucchini**

**GF, V**

##### **Ingredients:**

1 pound wax beans, trimmed  
 2 cups chopped roma tomatoes  
 1 tablespoon balsamic vinegar  
 2 teaspoons extra-virgin olive oil  
 1/2 teaspoon salt  
 1/4 teaspoon freshly ground black pepper  
 1/2 cup thinly sliced fresh basil  
 1/2 cup crumbled goat cheese  
 4 oz. heirloom mixed lettuce, washed and dried  
 Rhu Bakery Baguette  
 zucchini, sliced into 1/4 inch rounds

##### **Instructions:**

1. Preheat oven to 400. Line baking sheet with parchment paper. Drizzle zucchini with olive oil, salt and pepper to taste. Mix well and spread onto sheet. Bake for 15-20 minutes until zucchini is tender.
2. Cook beans in boiling water 5 minutes or until crisp-tender. Drain and rinse with cold water.
3. Combine the tomato and next 4 ingredients (tomato through pepper) in a bowl. Place beans in separate bowl. Portion heirloom lettuce onto 4 plates, and top with yellow wax bean salad, then spoon 1/4 cup tomato mixture over the beans. Sprinkle with 1 tablespoon sliced basil and 1 tablespoon cheese and serve with sliced baguette from the Rhu Bakery.

#### **Proscuitto and Athena Cantaloupe Panini and Spinach Salad**

**GF\***

##### **Ingredients:**

Rhu Bakery Ciabatta Loaf, sliced\*  
 Proscuitto ham, thinly sliced

##### **Instructions:**

1. Coat a panini grill or griddle with olive oil. Heat over medium heat. Arrange half of the cheese

<p>Athena Cantaloupe, thinly sliced Spinach, washed and dried Happy Cow Creamery Havarti Cheese, sliced Blueberries, washed and dried Olive oil Balsamic vinegar</p> <p>*GF option: Consider Eat More Bakery Herbed Focaccia</p>	<p>over the bottom piece of ciabatta.. Arrange the prosciutto, spinach, and then the cantaloupe atop the cheese. Cover with the remaining cheese, then the ciabatta on top.</p> <ol style="list-style-type: none"> <li>2. Grill the panino until the cheese melts and the bread is crisp and golden, about 6 minutes. Cut the panini in half and serve.</li> <li>3. Use leftover spinach to assemble a side salad topped with blueberries, with splash of olive oil and balsamic vinegar.</li> </ol>
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**Quinoa Bowl with Kale, Hard Cooked Eggs and Avocado**  
**GF, DF**

<p><b>Ingredients:</b></p> <p>2 cups uncooked red or white quinoa, well rinsed 2 tablespoons soy sauce 4 teaspoons finely chopped peeled ginger 1 tablespoon rice wine vinegar ¼ cup olive oil 1 teaspoon sesame oil 1 bunch kale, thick ribs removed, leaves torn into large pieces 4 large eggs 1 avocado, peeled, pitted and sliced 1 cup coarsely chopped kimchi, or to taste Sliced scallions, for serving Sesame seeds, for serving</p>	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Prepare quinoa per instructions, then fluff.</li> <li>2. In a small bowl, whisk together soy sauce, ginger, vinegar and salt to taste. Whisk in olive and sesame oils.</li> <li>3. Saute kale in seasoned oil mixture, approximately 5-7 minutes until tender.</li> <li>4. 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.</li> <li>5. Place 1 cup cooked quinoa in each bowl. Divide the kale among the bowls, mounding it on top of the quinoa. Arrange avocado 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.</li> </ol>
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**One-Sheet Balsamic Chicken, Roasted Potatoes and Broccoli**  
**GF, DF**

**Ingredients:**

1 Lb. Balsam Gardens Boneless Chicken Breast, chopped into bite sized pieces  
 1 bunch broccoli, chopped into bite sized pieces  
 2.5 pounds Yukon Gold Potatoes, washed and chopped  
 4 garlic cloves, minced  
 ½ cup balsamic vinegar  
 ¼ cup olive oil  
 Salt and pepper to taste

**Instructions:**

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper
2. Whisk together olive oil, balsamic vinegar, salt, pepper and garlic
3. Place all chicken, broccoli, and potatoes into a large bowl. Pour vinegar and oil mixture over the top and fold together to combine flavors.
4. Once oven is preheated, spread chicken and vegetable mixture onto the parchment paper lined pan.
5. Bake for 20-25 minutes and serve.

**Rio Bertolini Four Cheese Manicotti and Chopped Salad**  
**V**

**Ingredients:**

1 package Rio Bertolini Four Cheese Manicotti  
 1 head Romaine Lettuce, washed and chopped  
 2 Roma tomatoes, chopped  
 Olive oil and balsamic vinegar

**Instructions:**

1. Prepare Rio Bertolini Four Cheese Manicotti per instructions
2. Assemble romaine, lettuce in large bowl. Drizzle with olive oil, balsamic vinegar, salt and pepper to taste.

**MEPD Shopping List**

**Produce:**

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

Includes:

Blueberries – 1 Pint – Local, Organic  
 Broccoli – 1 Bunch – Local, Organic  
 Yellow Wax Beans - 1 Pound – Local, Organic  
 Zucchini – 1 Pound – Local, Organic  
 Spinach – 1 Bunch – Local, Organic  
 Heirloom Mixed Lettuce – 4 Ounces – Local, Organic  
 Athena Cantaloupe – 1 – GA, IPM  
 Green Kale – 1 Bunch – Local, Organic  
 Pickling Cucumbers – 1 Pound – Local, Organic  
 Yukon Gold Potatoes – 2.5 Pounds – Local, Organic

**Add-On Produce:**

[Garlic \\$2.99](#)

[Avocados \\$4.99](#)

[Romaine Lettuce \\$2.99](#)

[Roma Tomatoes \\$3.99](#)

**Pantry**

**Oils/Fats:**

[Olive oil \\$14.99](#)

Sesame oil

**Vinegar:**

Balsamic Vinegar

Rice wine vinegar

**Herbs/Spices:**

Salt

Pepper

**Condiments:**

Kim Chi

Soy Sauce

[Ginger \\$2.99](#)

[Green Onions \\$2.49](#)

**Meat:**

[1 Lb. Balsam Garden Chicken Breast \\$11.99](#)

**Dairy:**

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

[Havarti Cheese \\$5.99](#)

[Dozen Eggs \\$5.99](#)

**Prepared:**

[Rio Bertolini Four Cheese Manicotti \\$11.99](#)

**Pantry:**

[Quinoa \\$8.99](#)

**Bakery:**

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

[Rhu Baguette \\$3.99](#)

**Total: \$120.36**

**Price Per Serving: \$6.00**