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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 7-18-2017

Sweet Corn Soup & Cherry Salad with Goat Cheese
Moroccan Cod and Carrot Salad & Oven Roasted Okra
Pan Grilled Chicken with Peach Salsa
Greek Kale Salad with Tahini Dressing with Rhu Bakery Ciabatta
Roasted Plum and Avocado Summer Salad

Sweet Corn Soup & Cherry Salad with Goat Cheese **GF, V**

Ingredients:

Sweet Corn Soup

4 Tbsp. butter
 1 onion, diced
 Salt to taste
 6 ears corn
 1 quart water
 Goat cheese, optional

Cherry Salad with Goat Cheese

1 Lb. cherries, pitted and cut in half
 5 oz. mixed local lettuce
 3 oz. Three Graces Dairy Goat Cheese, crumbled
 Balsamic Vinaigrette

Instructions:

Sweet Corn Soup

1. Melt butter in a heavy bottomed pan over medium heat.
2. Add onion, and cook until soft, without browning, about 15 minutes. Season with salt.
3. Cut the kernels from the cob. Add the kernels to the cooked onion and cook for 2-3 minutes. Cover with water.
4. Bring to a boil. Immediately lower the heat to a simmer, and cook until corn is just done, about 5 minutes. Remove from the heat and puree in batches in a blender. BE CAREFUL! Make sure there is an air vent to allow the steam to escape. Taste and adjust for salt as needed.
5. Garnish with goat cheese if desired

Cherry Salad with Goat Cheese

1. Arrange salad greens on 4 plates. Top with cherries, and crumbled goat cheese.
2. Drizzle vinaigrette salad, and serve.

Moroccan Cod and Carrot Salad & Oven Roasted Okra **GF**

Ingredients:

Cod
 1 Tbsp. cumin

Instructions:

Cod

<p>1 tsp. paprika 2 tsp. turmeric ¼ tsp. cayenne 2 garlic cloves, minced 2 tablespoons minced fresh cilantro 1 tablespoon olive oil 3 tablespoons lemon juice 1 Lb. Cod Salt and pepper to taste</p> <p><i>Moroccan Carrot Salad</i> 1.25 Lbs. carrots, coarsely grated 1/4 cup olive oil 3 to 4 Tbsps. fresh lemon juice 1/4 cup chopped fresh cilantro 2 to 4 cloves garlic, mashed or minced 1 tsp. ground cumin 1 tsp. sweet paprika Pinch of salt 1/2 tsp. Harissa or 1/4 to 1/2 tsp. cayenne</p> <p><i>Oven Roasted Okra</i> 1 Lb. okra Splash of olive oil Pinch of salt Pinch of garlic powder Pinch of pepper</p>	<p>1. Preheat oven to 400. In a bowl, stir together spices and garlic, cilantro, olive oil, and lemon juice. Rinse and pat dry the cod and cut into chunks. Dredge the pieces of fish in the spice mixture and place them in an oiled baking dish. Spoon any spice mixture that is left over the top of the fish. Bake uncovered for 10 to 12 minutes or until the fish is opaque and flaky, but still moist.</p> <p><i>Moroccan Carrot Salad</i></p> <p>1. In a large bowl, mix together all the ingredients. Cover and let marinate in the refrigerator for at least 2 hours or up to 2 days to allow the flavors to meld and permeate the carrots. Served chilled or at room temperature.</p> <p><i>Oven Roasted Okra</i></p> <p>1. Preheat oven to 400 degrees. 2. Cut tops off okra and slice lengthwise. 3. Place on a large baking sheet and drizzle with olive oil (or coconut oil). 4. Toss to coat. 5. Sprinkle with salt, garlic powder and pepper 6. Bake for 18-22 minutes until soft and just starting to brown on the ends. 7. Serve and enjoy!</p>
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Pan Grilled Chicken with Peach Salsa
GF, DF

<p>Ingredients: 2 Tbsps. olive oil 1 tsp. ground cumin 1/2 tsp. salt 1/2 tsp. freshly ground black pepper 2 garlic cloves, minced 2 Lbs. Balsam Gardens boneless chicken breasts 1 Lb. chopped peeled fresh peaches 1 Tbsp. finely chopped and seeded poblano chile 1 Tbsp. honey 1 Tbsp. finely chopped fresh mint 2 tsps. fresh lemon juice</p>	<p>Instructions:</p> <p>1. Combine olive oil, cumin, salt, black pepper and garlic cloves in a large bowl; add chicken, turning to coat. Heat a grill pan over medium-high. Add chicken to pan; grill 6 minutes on each side or until done. Remove from pan; let stand 5 minutes.</p> <p>2. Combine peaches and remaining ingredients in a bowl; serve with chicken.</p>
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Greek Kale Salad with Tahini Dressing with Rhu Bakery Ciabatta
GF*, V

Ingredients:

Kale Salad

1 medium bunch of curly green kale
 12 oz. mini cucumbers, sliced
 1 pint grape tomatoes, halved
 ½ tsp. salt
 1 can (15 ounces) chickpeas, rinsed and drained
 ½ cup thinly sliced Kalamata olives
 ¼ cup finely grated Parmesan (optional)
 ¼ cup sunflower seeds
 ¼ teaspoon extra-virgin olive oil

Creamy Tahini Dressing

¼ cup tahini
 3 Tbsps. fresh lemon juice
 1 Tbsp. olive oil
 1 medium clove garlic, pressed or minced
 ½ teaspoon Dijon mustard
 ¼ teaspoon salt
 2 Tbsps. water
 Freshly ground black pepper, to taste

Rhu Bakery Ciabatta Bread, sliced*
 Or Eat More Bakery Parker Rolls

Instructions:

1. To prepare the salad: Place the chopped kale in a large serving bowl. Sprinkle it lightly with salt and massage it with your hands by scrunching up large handfuls at a time until it's darker and more fragrant (this makes the kale more tasty and easier to eat). Add the chickpeas, olives, tomatoes, and Parmesan (if using). Set aside.
2. To toast the sunflower seeds, combine the seeds with the olive oil and a few dashes of salt in a small skillet over medium heat. Cook, stirring often, until the seeds are fragrant and turning lightly golden at the edges, about 5 minutes. Pour the toasted seeds into the salad bowl.
3. To prepare the salad dressing: In a small liquid measuring cup or bowl, combine the tahini, olive oil, lemon juice, garlic, mustard, and salt. Whisk until blended. Add the water and whisk until blended. Season generously with freshly black pepper, to taste.
4. Pour the dressing into the salad. Toss until the salad is evenly coated with dressing. Serve with Rhu Bakery Ciabatta bread.

Roasted Plum and Avocado Summer Salad
GF, DF, V

Ingredients:

Plum Salad

5 large firm plums, pitted and quartered
 1 ripe avocado, roughly chopped
 1 bunch arugula, washed, stemmed and torn
 ¼ cup fresh lime juice
 ¼ cup olive oil
 1 ½ tsps. honey
 1 tsp. black pepper

Instructions:

1. Preheat oven to 400 F. Line a baking sheet with parchment paper and set aside.
2. Rough chop plums, transfer to baking sheet and cook for 15 minutes. Meanwhile add avocado and arugula to large serving bowl.
3. In a small jar combine lime juice, olive oil, honey and pepper. Fit tightly with lid and shake.
4. Add plums to serving bowl and dress with desired amount of vinaigrette. Toss salad, adjust amount of dressing if needed and serve.

MEPD Shopping List

Produce:

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

Includes:

Okra - 1 Pound - Local, Organic
Carrots - 1.25 Pounds - Local, Organic
Mini Cucumbers - 12 Ounces - Local, Organic
Green Kale - 1 Bunch - Local, Organic
Peaches - 6 Pieces - Local, IPM
Cherries - 1 Pound - WA, IPM
Sweet Corn - 6 Ears - Local, Organic
Plums - 1 Pound - Local, IPM
Mixed Salad Lettuce - 5 Ounces - Local, Organic

Add-On Produce:

[Garlic \\$2.99](#)

[Sweet Yellow Onions \\$2.99](#)

[Lemons \\$3.99](#)

[Cilantro \\$2.99](#)

[Arugula \\$4.99](#)

[Avocados \\$4.99](#)

[Grape tomatoes \\$4.99](#)

Eggs/Dairy:

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

Meat:

[2 Lbs. Boneless Chicken Breast \\$23.98](#)

[Cod \\$12.99](#)

Bakery:

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

Total: \$115.88

Price Per Serving: \$5.80

Pantry

Oils/Fats:

Olive oil

[butter \\$11.99](#)

Vinegar:

Balsamic vinegar

Herbs/Spices:

Salt

Pepper

Cayenne

Paprika

Cumin

Turmeric

Ground garlic

Condiments/Sweeteners:

Honey

Dijon mustard

Kalamata olives

Nuts/Seeds:

Sunflower seeds

Produce:

Poblano pepper

limes

Dairy:

Parmesan Cheese

Grocery:

Harissa

Balsamic Vinaigrette

Tahini

Chickpeas