

## MEPD Meal Plan – Week of 1/9/2017

### “Everyday Brusselin!”

*Lemon-Brussels Sprouts Pizza \* Pot Roast with Potatoes and Carrots \* Chicken Divan  
5-Cheese Lasagna & Local Lettuce Salad \* Winter Kale Salad with Maple Dijon Vinaigrette*

<p style="text-align: center;"><b>Lemon- Brussels Sprout Pizza</b></p>	<p><i>Ingredients:</i> Prepared pizza dough to cover cookie sheet 1 Tbsp olive oil 1 cup ricotta cheese 8 oz Ashe County Mozzarella Cheese (shredded) 1 yellow onion ½ pound Brussels sprouts ¼ cup walnuts 1 lemon, zested and juiced 2 Tbsp dried Italian seasoning Salt and pepper</p>	<p><i>Instructions:</i> <b>Preheat oven to 425°F.</b> Wash and dry the fresh produce. Peel, halve and thinly slice the onion. Cut off and discard the stem ends of the Brussels sprouts. Zest and juice lemon and set aside. In a medium pan, heat 1 tablespoon of olive oil on medium until hot. Add the onion. Cook, stirring occasionally, 8 to 10 minutes, or until lightly browned. Season with salt and pepper. While the onion is caramelizing, combine the lemon juice, zest and ricotta cheese in a bowl. Season with salt and pepper. Set aside. Lightly oil a sheet pan. On a clean, dry work surface, using your hands, gently stretch the dough to a ¼-inch thickness. (If the dough is resistant, let rest for 5 minutes.) Carefully transfer to the oiled sheet pan; rub the dough into the pan to coat the bottom in oil. Evenly spread the lemon ricotta on the pizza crust, leaving a 1 inch border. Top with the mozzarella cheese, caramelized onion, walnuts and Brussels sprouts; season with salt and pepper and Italian seasoning. Bake, rotating the sheet pan halfway through, 16 to 18 minutes, or until the mozzarella cheese has melted and the crust is browned. Remove from the oven and let cool for 2 minutes before serving.</p>
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<p style="text-align: center;"><b>Pot Roast with Potatoes and Carrots</b></p>	<p><i>Ingredients:</i> 1 (3Lb) boneless beef shoulder 2 Tbsp olive oil Salt and pepper 1 large yellow onion 3 cloves garlic, minced 1 (14.5) can beef broth ¼ cup dry red wine (optional) 2 sprigs fresh thyme 2 sprigs fresh rosemary 1 bay leaf 2 Lbs red potatoes, cleaned then diced into 1.5 inch pieces 6 medium carrots, peeled and chopped into 1.5 inch pieces</p>	<p><i>Instructions:</i> <b>Preheat oven to 275°F.</b> Heat olive oil in a large dutch oven over medium high heat. Season roast all over with salt and pepper, then add roast to pot and brown on all sides, about 2 minutes per side. Remove roast to cutting board (or plate), add onions to pan and sauté until they begin to brown, about 4-5 minutes, adding in garlic during last minute. Return roast to pan, pour beef broth and optional red wine over roast. Add thyme, rosemary, and bay leaf to broth. Bring to a simmer, then cover pot with lid and transfer to oven and cook for 2 hours.</p> <p>Remove from oven, add carrots and potatoes to pot and season with salt and pepper. Return to oven and cook 1.5 hours longer until roast and veggies are tender. Remove roast and shred or cut into large pieces, while removing fat, then return to pot. Remove bay leaf and herb sprigs. Serve warm.</p>
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<p><b>Chicken Divan</b></p>	<p><i>Ingredients:</i></p> <p>1 bunch broccoli  2 Queen Bee Farm Chicken Breasts  1 Tbsp olive oil  3 Tbsp butter  3 Tbsp flour  ¾ cup chicken broth  ½ cup grass fed half-and-half  ⅓ cup sherry  1 cup Ashe County Cheddar Cheese, shredded  salt and pepper  nutmeg</p>	<p><i>Instructions:</i></p> <p><b>Preheat oven to 325°F.</b> Steam broccoli for 5 minutes until crisp-tender. In a medium frying pan, sauté chicken breasts in olive oil until lightly browned, about 4-5 minutes per side. Remove from heat and set aside. In a small saucepan, melt butter over medium heat. Whisk in flour and cook for 1-2 minutes. Then gradually whisk in chicken broth, sherry and milk or half-and-half, until incorporated. Bring to a boil and then reduce to a simmer until the sauce is the consistency you desire. Add just a dash of nutmeg. Add ¾ of the shredded cheese and whisk until combined. Add salt and pepper to taste. In a 9x13 dish arrange chicken breasts (either whole or sliced) and broccoli. Pour sauce over top and sprinkle with remaining cheese. Cover with aluminum foil. Make several slits in the aluminum foil to allow the steam to escape. Bake in the oven for 30-45 minutes, taking off the aluminum foil for the last 10.</p>
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<p><b>5 Cheese Lasagna,  Local Lettuce Salad  with Bragg's  Healthy Vinaigrette</b></p>	<p><i>Ingredients:</i></p> <p>5 Cheese Lasagna  Local Hydro Lettuce  Slicer tomatoes  Bragg's Healthy Vinaigrette</p>	<p><i>Instructions:</i></p> <p>Prepare 5 Cheese Lasagna per instructions. Wash, dry and tear lettuce and place in bowl. Slice tomatoes into wedges. Season with salt and pepper as desired. Dress with Bragg's Healthy Vinaigrette.</p>
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<p><b>Winter Kale  Salad with  Dijon Maple  Vinaigrette</b></p>	<p><i>Ingredients:</i></p> <p>1 large butternut squash (about 3 pounds), peeled cut into ¾" cubes  1/2 cup, plus 4 teaspoons extra-virgin olive oil, divided  Salt and pepper to taste  1 whole head garlic  ½ cup raw pumpkin seeds  Juice of 1 lemon  2 Tbsp Dijon mustard  2 tsps maple syrup  1 Tbsp minced onion  1 large bunch lacinato kale, chopped  1 cup grated parmesan cheese  Seeds of 1 large pomegranate</p>	<p><i>Instructions:</i></p> <p><b>Heat oven to 425°F.</b> On a rimmed baking sheet, toss together squash, 2 tsp. olive oil, 1/2 tsp. salt, and 1/4 tsp. pepper. Place whole head of garlic on a sheet of aluminum foil, drizzle with 1 tsp. oil, wrap securely in foil and place on baking sheet with squash. Roast, stirring squash occasionally after the first 15 minutes, until squash is golden and tender and garlic is tender, 35–40 minutes. Remove garlic and squash from oven and set aside to cool. Meanwhile, heat 1 tsp. oil in a small skillet over medium-high heat. Add pumpkin seeds and cook, stirring occasionally, until about half are golden brown, 2–3 minutes. Transfer to a paper towel-lined plate and season with 1/4 tsp. salt. Set aside. Cut off the top of the garlic head and squeeze all of the softened garlic into a medium bowl. Whisk in the lemon juice, maple syrup, mustard, onion, 1 tsp. salt and 1/8 tsp. pepper, then whisk in oil in a slow, steady stream. In a large mixing bowl, combine kale with about ¾ of the dressing, and use your hands to massage the dressing into the kale. Add more dressing as needed (you may not need all of it). Reserve any leftover dressing for another use. Add roasted squash, Parmesan, and pomegranate seeds to bowl; toss together to combine, and season with salt and pepper to taste. Transfer to a serving bowl, and sprinkle with toasted pumpkin seeds.</p>
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Grocery List:

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

-Brussels sprouts

-Hydro Lettuce

-Lacinato Kale

-Butternut Squash

-Carrots

-Red Potatoes

-Yellow Onions

-Navel Oranges

-Broccoli

-Slicer Tomatoes

[Beef Shoulder Arm Roast \(2-3 Pounds\) Hickory Nut](#)

[Gap Farm \\$8.99/Lb](#)

[Ashe County Mozzarella Cheese \\$4.99](#)

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Balsam Gardens Farm Chicken Breasts \\$10.99](#)

[Happy Cow Creamery Cheddar Cheese \\$6.99](#)

[Naked Pasta 5 Cheese Lasagna \\$14.99](#)

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

[Happy Cow Creamery Unsalted Butter \\$11.99](#)

[Grass Fed Half & Half \\$3.25](#)

Total: \$139.63

Additional Items:

Olive oil

Prepared pizza dough ball or crusts

Ricotta cheese

Walnuts

Italian seasoning

Salt and pepper

Beef broth

Dry red wine (optional)

Fresh thyme

Fresh rosemary

Bay leaf

Chicken broth

Sherry

Nutmeg

Maple syrup

Dijon mustard

Parmesan cheese

Pomegranate