



**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 5-15-2017

Seared Scallops with Sweet Potato Puree and Wilted Rainbow Chard

Lemon Chicken Breasts with Sauteed Kale

Strawberry Salad with Rhu Ciabatta and Balsamic Dipping Sauce

Swamp Rabbit Cafe Mac and Cheese, Roasted Broccoli and Cucumber Tomato Salad

Mushrooms and Scallion Frittata with Spring Herb Salad

Seared Scallops with Sweet Potato Puree and Wilted Rainbow Chard

GF

Ingredients:

Sweet potato puree-

1 1/2 pounds sweet potatoes

2 tablespoons butter

1/4 cup half-and-half

Scallops-

1 tablespoon extra virgin olive oil

2 tablespoons butter

1 Lb. Mother Ocean Market Scallops,
thawed if frozen

Wilted Rainbow Chard-

1 bunch Rainbow Chard, stemmed,
washed and torn

2 Tbsp. olive oil

Salt and pepper to taste

Instructions:

1. Peel the potatoes and cut them into 2-inch cubes. Place the potatoes in a large saucepan and add enough cold water to cover the potatoes by about 1 inch.
2. Bring the water to a boil over high heat, then reduce the heat and continue to simmer until the potatoes are soft when pierced with the tip of a sharp knife, about 20 minutes.
3. Drain the potatoes and place them in a large bowl. Add the butter and half & half, and then season them with 1 teaspoon salt and 1/2 teaspoon pepper. Use a potato masher, or blender to puree the potatoes to your desired consistency. Return the pureed potatoes to the original saucepan and keep warm until ready to serve.
4. To cook the scallops, heat the olive oil and butter in a large sauté pan over medium-high heat. Season the scallops on both sides with salt and pepper. When the fat starts to smoke, carefully place the scallops in the pan so that they're not touching each other. Sear on one side for 2 minutes then turn and sear on the other side for 2 minutes more. The scallops should have a 1/4-inch golden crust on each side while still being translucent in the center.
5. In a separate saute pan, heat olive oil over medium heat. Once warm, add rainbow chard, and cook until wilted. Add salt and pepper to taste.

6. Serve immediately atop a dollop of the sweet potato puree and side of rainbow chard.

Lemon Chicken Breasts with Sauteed Kale

GF

Ingredients:

Lemon Chicken-

1/4 cup olive oil
 3 tablespoons minced garlic (9 cloves)
 1/3 cup dry white wine
 1 Tbsp. grated lemon zest
 2 Tbsps. freshly squeezed lemon juice
 1 1/2 tsps. dried oregano
 1 tsp. dried thyme leaves
 salt and freshly ground black pepper to taste
 2 Lbs. boneless chicken breasts
 1 lemon, cut into wedges

Sauteed Kale-

1 bunch kale, ribs removed, washed and torn
 2 Tbsp. olive oil
 Salt and pepper to taste

Instructions:

1. **Preheat the oven to 400 degrees F.**
2. Warm the olive oil in a small saucepan over medium-low heat, add the garlic, and cook for 1 minute. Turn off the heat, add the white wine, lemon zest, lemon juice, oregano, thyme, and 1 teaspoon salt and pour into a 9 by 12-inch baking dish.
3. Pat the chicken breasts dry and place them over the sauce. Brush the chicken breasts with olive oil and sprinkle them liberally with salt and pepper. Cut the lemon in 8 wedges and tuck it among the pieces of chicken.
4. Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done and the skin is lightly browned. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes. Sprinkle with salt and serve hot with the pan juices.
5. While the chicken is resting, heat saute pan over medium heat. Add olive oil. Add kale, stirring to prevent burning, until kale has wilted. Add salt and pepper to taste, and serve with Lemon Chicken Breasts.

Strawberry Salad with Rhu Ciabatta and Balsamic Dipping Sauce

V, GF*

Ingredients:

Strawberry Salad-

1 bunch arugula, washed and dried
 1 Lb. strawberries, washed, topped and sliced
 1/2 cup toasted almonds
 6 oz. Three Graces Dairy Bee's Knees Goat Cheese, crumbled
 Splash of olive oil and balsamic to dress salad

Ciabatta with Balsamic Dipping Sauce

Instructions:

Strawberry Salad

1. In a large bowl toss the arugula with the strawberries and toasted almonds.
2. Sprinkle the goat cheese over the top of salad.
3. Lightly drizzle olive oil and balsamic over salad to dress. Gently toss to combine.

Ciabatta with Balsamic Dipping Sauce

1. Slice Ciabatta into 1/2" slices.

<p>1 Rhu Baguette, Ciabatta Loaf, sliced* ¼ cup olive oil 2 Tbsp. Balsamic Vinegar 1 Tbsp. oregano 3 cloves garlic Salt and pepper to taste**</p> <p>*GF option: Try Eat More Bakery Herbed Focaccia</p>	<p>2. In a mixing bowl, combine olive oil, balsamic vinegar, oregano, garlic, and salt and pepper to taste. Whisk well to combine.</p> <p>3. Lightly toast Ciabatta slices, and serve with dipping sauce.</p>
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<p align="center">Swamp Rabbit Cafe Mac and Cheese, Roasted Broccoli and Cucumber Tomato Salad</p> <p align="center">V</p>	
<p>Ingredients:</p> <p><i>Mac and Cheese-</i> Swamp Rabbit Cafe Mac and Cheese</p> <p><i>Roasted Broccoli-</i> 1 bunch broccoli, washed, florets cut, stem peeled and chopped 2 Tbsps. Olive oil Salt and pepper to taste</p> <p><i>Cucumber Tomato Salad-</i> 2 cucumbers, peeled, halved lengthwise, seeded and sliced into crescent moons 1 pint grape tomatoes, halved 2 Tbsps. Balsamic vinegar 3 Tbsps. Olive oil Salt and pepper to taste</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare Mac and Cheese per instructions. 2. While Mac and Cheese is baking, prepare chopped broccoli, in a medium sized mixing bowl. Drizzle atop olive oil, and dash with salt and pepper. Stir well to combine. 3. Prepare parchment paper lined baking sheet, and pour broccoli and spread to cover sheet pan. Bake at 400 for 20 minutes. 4. In small mixing bowl, prepare cucumbers and tomatoes. Drizzle olive oil and balsamic vinegar. Salt and pepper to taste. Fold well, and stir to combine.

<p align="center">Mushrooms and Scallion Frittata with Chopped Salad</p> <p align="center">GF</p>	
<p>Ingredients:</p> <p><i>Frittata-</i> 4 tablespoons olive oil 8 ounces sliced mushrooms 1 cup sliced scallions 12 eggs, beaten 1 cup grated Happy Cow Creamery Havarti cheese</p> <p><i>Salad-</i></p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. In large ovenproof skillet, heat oil over medium-high. Add mushrooms and scallions; season. Cook, stirring occasionally, until mushrooms brown, about 6 minutes. Stir in eggs and cheese; cook over medium until edges are set, about 9 minutes. Broil until set in center, 2 minutes. 2. Assemble lettuce, radishes, avocado on large serving plate. In a small bowl, combine ACV, olive oil, honey and seasonings and whisk to combine. Drizzle atop salad.

<p>1 bunch hydro lettuce, washed and torn</p> <p>1 bunch radishes, washed and thinly sliced</p> <p>2 avocados, halved, stoned and sliced</p> <p>2 Tbsp. Apple Cider Vinegar</p> <p>3 Tbsp. Olive Oil</p> <p>1 Tbsp. honey</p> <p>2 tsps. Herbes de Provence seasoning</p> <p>Salt and pepper to taste</p>	
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<p>MEPD Shopping List</p> <p>Produce: Medium Sized Bin \$38 Includes: Broccoli – 1 Bunch – Local, Organic Kale – 1 Bunch – Local, Organic Hydro Lettuce – 6-7 Ounces – Local, Organic Strawberries – 1 Pound – CA, Organic Sweet Potatoes – 2.5 Pounds – Local, Organic Grape Tomatoes – 1 Pint – Local, Organic Cucumbers – 2 Pieces – GA, Organic Scallions – 1 Bunch – Local, Organic Lemons – 2 Pieces – CA, Organic Rainbow Chard – 1 Bunch – Local, Organic</p> <p>Add-On Produce: Avocados \$4.99 Garlic \$2.99 Cremini Mushrooms \$4.99 Arugula \$4.99 Radishes \$2.99 Garlic \$2.99</p> <p>Meat: 1 Lb. Mother Ocean Scallops \$20.99 2 Lbs. Balsam Gardens Chicken Breasts \$23.98</p> <p>Dairy: Half & Half \$3.25 Butter \$11.99 Three Graces Dairy Bee’s Knees Goat Cheese \$6.99 Havarti Cheese \$5.99 1 dozen Queen Bee Farms Pastured Eggs \$5.99</p> <p>Prepared: Swamp Rabbit Cafe Mac and Cheese \$11.99</p> <p>Bakery: Rhu Ciabatta Loaf \$5.99</p>	<p>Pantry</p> <p>Oils/Fats: Olive oil</p> <p>Vinegar: Balsamic Vinegar</p> <p>Herbs/Spices: Salt Pepper Oregano Thyme Herbes de Provence</p> <p>Nuts/Seeds: Almonds</p> <p>Libations: Dry White Wine</p>
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Total: \$156.11 Price Per Serving: \$7.81	
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