

## Meal Plan Menu

### *Thursday:*

Make a salad out of the salad mix. If you need a bit more bite to your salad, add some of the arugula leaves for a peppery flavor. Then top the salad with chopped celery, peppers, tomatoes and broccoli. Here is a dressing recipe to go with it:

### **Tiffany's Dressing Recipe**

50% olive oil (1/3 cup usually)

50% apple cider vinegar (1/3 cup usually)

~1-2 T soy sauce

~1-2 T tahini

Garlic (1-2 cloves?) and lemon juice (1 T?) to taste

—the official bottle calls for toasted sesame seeds, parsley, and chives which I usually don't add...but would be excellent additions

### *Friday:*

Winter Squash with Quinoa and Cherries

Recipe from the [HomeGrown Co-op](#)

Serves 4

#### Ingredients:

2 winter squashes, washed (try this with acorn, butternut, thelma sanders for best results)

Olive oil

1 cup water

1 teaspoon kosher salt

1/2 cup quinoa, rinsed well

1/4 cup dried tart cherries or dried cranberries, preferably halved

1/4 cup chopped walnuts or pecans, preferably toasted

1 tablespoon maple syrup

1 tablespoon melted butter

1 teaspoon cinnamon

#### Directions:

Preheat oven to 400F. Cut squash in half lengthwise; remove and discard seeds and membrane. Rub skin and cut edge with oil. Place squash face-down on a baking dish (preferably one with sides as high as the squash halves) and bake for 30 minutes.

Meanwhile, bring the water and salt to a boil in a medium saucepan. Add the quinoa, return to a boil and cook for 15 – 20 minutes or until liquid cooks away. Stir in the fruit, nuts, maple syrup, butter and cinnamon.

Mound the quinoa mixture in the squash halves. Cover with foil and bake for another 15 minutes.

***Saturday:***

### **Penne With Green Beans and Tomatoes**

*Ingredients:*

1 16 oz. package whole wheat penne pasta  
green beans cut into 1 1/2 inch pieces  
1 pint of grape tomatoes halved (or use whatever tomatoes you have, chopped)  
1/4 cup chopped fresh dill  
[3/4 cup lemon shallot vinaigrette](#)

*Directions:*

Cook pasta according to package directions, adding green beans to boiling water during last 2 minutes of cooking time; drain. Rinse pasta mixture under cold running water until cool; drain. Toss together pasta mixture, tomatoes, and vinaigrette. Cover and chill up to 24 hours, if desired. Just before serving, stir in dill, and add salt and pepper to taste.

***Sunday:***

Try making chips or fries out of the Purple Majesty Potatoes to go with an entree of your choice.

### **Potato Chips**

Potato chips in the microwave? Here's a recipe that shows how...

<http://www.foodgal.com/2010/01/microwave-potato-chips-really/>

### **Oven French Fried Potatoes**

From *The Practical Produce Cookbook* by Ray and Elsie Hoover

*Ingredients:*

6 medium potatoes  
1/2 cup vegetable oil  
salt

*Directions:*

Cut potatoes into 3/8-inch sticks. Heat oil in a roasting pan in a 450F oven for 3 minutes. Remove pan and spread potatoes in one layer. Bake 25-30 minutes, stirring occasionally. Drain on crumpled paper towels and sprinkle with salt.

*Variation:* Dip each potato stick into oil and arrange in a single layer on a cookie sheet.

***Monday:***

### **Quick Broccoli Chicken Noodle Dinner**

From *The Practical Produce Cookbook* by Ray and Elsie Hoover

**Ingredients:**

1 tbsp. vegetable oil  
3/4 lbs. boneless skinless chicken breast, cut into 1-inch pieces  
1/2 tsp. garlic powder  
1 3/4 cup chicken broth  
6 oz. wide egg noodles, uncooked  
2 cups chopped broccoli  
1 cup shredded cheddar cheese

**Directions:**

Heat oil in a large kettle. Sprinkle chicken with garlic powder; cook in oil until no longer pink, about 5 minutes, turning occasionally. Add broth; heat to boiling. Add uncooked noodles and broccoli, stirring to coat noodles with liquid. Heat to boiling; reduce heat. Cover; simmer 10 minutes or until noodles are tender, stirring ever two minutes. Remove from heat; stir in cheese until melted.

***Tuesday:***

**Vegetarian Stuffed Cabbage**

From Eating Well magazine

To make ahead: Prepare through step 10, cover and refrigerate for up to 1 day. Let stand at room temperature for about 30 minutes before baking.

***Ingredients:***

**Cabbage and Filling —**

1 cup water  
1/2 cup short grain brown rice  
1 tsp extra virgin olive oil plus 2 Tbsp, divided  
1 large Savoy cabbage, 2-3 pounds  
1 lb baby bella mushrooms, finely chopped  
1 large onion, finely chopped  
4 cloves garlic, minced  
1/2 tsp dried rubbed sage  
1/2 tsp crumbled dried rosemary  
1/2 tsp salt, divided  
1/4 tsp freshly ground pepper plus 1/8 tsp, divided  
1/2 cup red wine  
1/4 cup dried currants  
1/3 cup toasted pine nuts, chopped

**Sauce —**

2 Tbsp extra virgin olive oil, divided  
1 small onion, chopped  
2 cloves garlic, minced

1/4 tsp salt  
1/4 tsp freshly ground pepper  
1 28-oz can no salt added crushed tomatoes  
1/2 cup red wine

*Directions:*

1. To prepare cabbage and filling: Combine water, rice, and 1 tsp oil in a medium saucepan; bring to a boil. Reduce heat to maintain the barest simmer, cover and cook until the water is absorbed and the rice is just tender, 40-50 minutes. Transfer to a large bowl and set aside.
2. Meanwhile, half fill a large pot with water and bring to a boil. Line a baking sheet with a clean kitchen towel and place near the stove.
3. Using a small, sharp knife, remove the core from the bottom of the cabbage. Add the cabbage to the boiling water and cook for 5 minutes. As the leaves soften, use tongs to gently remove 8 large outer leaves. Transfer the leaves to the baking sheet and pat with more towels to thoroughly dry. Set aside.
4. Drain the remaining cabbage in a colander for a few minutes. Finely chop enough to get about 3 cups. (Save any remaining cabbage for another use.)
5. Heat 1 and 1/2 Tbsp oil in a large skillet over medium-high heat. Add mushrooms, onion, garlic, sage, rosemary, and 1/4 tsp each salt and pepper; cook, stirring, until the mushrooms have released their juices and the pan is fairly dry, 8 to 10 minutes. Add wine and cook, stirring, until evaporated, about 3 minutes more. Add the mixture to the cooked rice along with currants and pine nuts.
6. Heat the remaining 1/2 Tbsp oil in the skillet over medium-high. Add the chopped cabbage, the remaining 1/4 tsp salt and 1/8 tsp pepper; cook, stirring, until the cabbage is wilted and just beginning to brown, 3 to 5 minutes. Add to the rice mixture.
7. To prepare sauce: Heat 1 Tbsp oil in a large skillet over medium heat. Add onion, garlic, salt and pepper and cook, stirring, until starting to soften, 2 to 4 minutes. Add tomatoes and wine; bring to a simmer and cook until slightly thickened, about 10 minutes.
8. Preheat oven to 375 F.
9. To stuff cabbage: Place a reserved cabbage leaf on your work surface; cut out the thick stem in the center, keeping the leaf intact. Place about 3/4 cup filling in the center. Fold both sides over the filling and roll up. Repeat with the remaining 7 leaves and filling.
10. Spread 1 cup of the tomato sauce in a 9×13 inch baking dish. Place the stuffed cabbage rolls, seam side down, on the sauce. Pour the remaining sauce over the rolls and drizzle with the remaining 1 Tbsp oil.
11. Bake, uncovered, basting twice with the sauce, until hot, about 45 minutes.

Serves 4, 2 rolls each.

***Wednesday:***

Leftovers day! Clean out that fridge for new vegetables coming Thursday.

***BONUS RECIPE!!!!***

**Fried Green Tomatoes**

From *The Practical Produce Cookbook* by Ray and Elsie Hoover

*Ingredients:*

6 medium green tomatoes  
2 eggs  
1/4 cup milk  
1 cup cornmeal, bread crumbs or flour  
1/2 tsp. salt  
1/2 tsp. oregano  
1/8 tsp. pepper  
2 tbsp. butter  
1 tbsp. vegetable oil

*Directions:*

Slice tomatoes into 1/4 to 1/2 inch slices. Beat together eggs and milk. Combine corn meal, salt, oregano and pepper. Heat butter and oil in a skillet. Dip tomato slices in egg mixture then in cornmeal mixture. Fry tomato slices, turning once, until golden brown on both sides.