

Meal Plan Menu:

Monday:

Ribbon Zucchini with Yellow Wax Beans

From marthastewart.com

Ingredients:

1 pound small zucchini, 4 to 6 zucchinis
1 tablespoon olive oil
1 small yellow onion, peeled and finely diced
4 ounces yellow wax beans, cut into 1/4-inch dice
2 tablespoons freshly chopped chives
Salt and freshly ground pepper

Directions:

Slice the zucchini into long ribbons: Cutting lengthwise, slice the sides from around the seedy core of each squash; discard core. Cut each side into long, thin strips.

Heat a large saute pan over medium-high heat, and add the olive oil. Add the onion and yellow wax beans, and saute until just beginning to brown, about 2 minutes. Add the zucchini and 1/2 cup water, and stir to combine.

Reduce heat to medium, cover, and cook until zucchini is tender and flexible, about 5 minutes. Stir in the tomato, chives, salt, and pepper, and remove from heat.

Tuesday:

Grilled Chicken with Gazpacho

Submitted by apprentice Cheryl Kastanowski

Ingredients:

1 garlic clove, minced and mashed to a paste with 1/4 teaspoon salt
1 tablespoon red-wine vinegar
2 tablespoons olive oil plus additional for brushing the chicken
2 tablespoons water
1/4 teaspoon ground cumin, or to taste
Tabasco to taste
1 slice type white bread,, torn into pieces
2 plum tomatoes, seeded and chopped fine
1/2 cup finely chopped, seeded and peeled cucumber
1/3 cup finely chopped green bell pepper
1/4 cup finely chopped red onion
2 tablespoons finely chopped fresh coriander or parsley

1 whole boneless chicken breast with skin
(about 1 pound), halved

Directions:

In a blender blend together the garlic paste, the vinegar, 2 tablespoons of the oil, the water, the cumin, the Tabasco, the bread, half the tomatoes and salt and pepper to taste until the mixture is smooth, transfer the mixture to a bowl, and stir in the remaining tomatoes, the cucumber, the bell pepper, the onion, and the coriander or parsley.

Brush the chicken with the additional oil, season it with salt and pepper, and grill it on a rack set 5 to 6 inches over glowing coals, or in a hot well-seasoned ridged grill pan, covered, over moderately high heat, for 5 minutes on each side, or until it is cooked through. Cut the chicken on the diagonal into 1/4-inch-thick slices and serve it with the salsa.

Yield: 2 servings

Wednesday: Clean out the fridge and eat leftovers!

Thursday:

Stuffed Onions

Submitted by CSA Member Hayriye Cetin Karaca from turkishfoodandrecipes.com

Ingredients:

5-6 medium white onions
1 cup rice, washed and drained
1 tomato, diced
1 tsp tomato paste
½ cup olive oil
1-2 cups hot water
1 Tbsp dried mint
½ tsp allspice
½ tsp sugar
1 Tbsp salt to taste

Directions:

Cut the both ends of onions and remove skins. Make sure the onions can stand still on the root side in the saucepan. Scoop the onions using a metal spoon. Try keeping at least 3 outer layers and the root part as the base. Chop the scooped parts for stuffing. Mix all the other ingredients but the water in a bowl. With a spoon fill the 2/3 of onions with the stuffing mixture. In a large saucepan or pot, place the stuffed onions. Add 1 cup or enough hot water to almost cover 1/3 height of the onions.

Close the lid and cook on low-medium heat, until the onions and rice get cooked, for about 30-40 minutes.

Friday:

Corn Casserole

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

Ingredients:

1 1/2 cups fresh corn
1/2 cup chopped onion
1/2 cup green pepper strips
1/2 cup water
1 cup chopped yellow squash or zucchini
1 cup chopped tomato
1 cup shredded cheddar cheese
2/3 cup cornmeal
1/2 cup milk
2 beaten eggs
3/4 tsp. salt
1/4 tsp. pepper

Directions:

Bring corn, onion, peppers and water to a boil; reduce heat. Cover and simmer 5 minutes or until vegetables are tender crisp. Do not drain. Combine remaining ingredients in a large bowl, saving 1/4 cup cheddar cheese. Add undrained vegetables and mix well. Put in a 1 1/2 quart casserole dish. Bake uncovered at 350° for 45 to 50 minutes. Top with remaining cheese. Garnish with a tomato and pepper slice if desired.

Saturday:

Peppers Roasted with Garlic

Submitted by apprentice Cheryl Kastanowski

Ingredients:

Olive oil-flavored cooking spray
1 green bell pepper, halved and seeded
1 red bell pepper, halved and seeded
1 yellow bell pepper, halved and seeded
1 pint cherry tomatoes, halved
1/2 cup chopped fresh basil
8 cloves garlic, thinly sliced
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 tablespoon herb vinegar, or to taste

Directions:

Preheat the oven to 400 degrees F (200 degrees C). Grease a 9×13 inch baking dish with olive oil

flavored cooking spray.

Place the bell pepper halves open side up in the prepared baking dish. In a medium bowl, toss together the cherry tomatoes, basil and garlic. Fill each pepper half with a handful of this mixture. Season with salt and pepper. Cover the dish with aluminum foil.

Bake for 15 minutes in the preheated oven, then remove the aluminum foil, and continue baking for an additional 15 minutes. Remove from the oven, and sprinkle with herb vinegar. These are equally good served hot or cold.

Sunday:

Barbecue Carrot Dogs

From eatingwell.com

Ingredients

8 servings

- 8 medium carrots
- 1 cup low-sodium vegetable broth
- 1/3 cup cider vinegar
- 3 tablespoons reduced-sodium soy sauce or tamari
- 1 tablespoon mustard

- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 8 whole-wheat hot dog buns, toasted if desired
- Ketchup, mustard, relish and/or sauerkraut for serving

Preparation

- Peel carrots and trim to fit the length of your hot dog buns. Bring a couple inches of water to a boil in a large pot fitted with a steamer basket. Add carrots, cover and steam until barely cooked through, 12 to 15 minutes. Meanwhile, whisk broth, vinegar, soy sauce (or tamari), mustard, garlic powder and paprika in a sealable 1-gallon plastic bag. Add the carrots, seal and place the bag in the refrigerator keeping the carrots in a single layer. Marinate for at least 3 hours or up to 1 day, turning twice. Preheat grill to high or heat a grill pan over high heat. Remove the carrots from the marinade. Grill the carrots, turning once or twice, until they're hot and have grill marks, about 5 minutes. Serve on buns with your favorite condiments.