

Athens Farmers Market Weekly Meal Plan

July 1- July 5

Market Shopping List

3 cloves **garlic**
2.5 cups **leafy green**
1 loaf **whole grain bread**
1 cup **green beans**
1 **zucchini**
1 **yellow summer squash**
2 **tomatoes**
1 head **savoy cabbage**
4 **shallots**
6 small **potatoes**, 2 medium **potatoes**
2 **small onion**
1 pint **snap peas**
1 cup **carrots**
2 cups **mushrooms**
1 medium head of **cauliflower**
1 head **broccoli**
Piedmont Provisions **Mango Thai Basil preserves**

Pantry Needs

Produce

1 **lime**
2 Tbsp **ginger**
1 block firm **tofu**

Pantry

1 15-oz. can **chickpeas**
lite italian dressing
2 Cups **White Rice**

Fridge

½ cup **frozen mangos**
1 cup **shredded part-skim mozzarella**
1 cup **plain Greek yogurt**
2 tbsp **vegan butter**
¾ cup **unsweetened almond milk**
vegetable broth

Spices

black pepper
2 teaspoons **mustard seeds**
asafetida
red pepper flakes, red chili powder
garlic powder
cumin seeds
ground turmeric

Oils & Vinegars

grapeseed oil
olive oil
vegetable oil
white wine vinegar
sesame oil
Tamari

MONDAY

Summer Vegetable Salad

Serves 5 | 20 minutes

4 slices **whole grain bread**
1 tsp **vegetable oil**
1 cup **green beans**
1 **zucchini**
1 **yellow summer squash**
2 **tomatoes**, chopped
1 cup **shredded part-skim mozzarella**
1 cup **lite italian dressing**
1 dash of **black pepper** (optional)

1. Preheat oven to 375 F. Cut bread into cubes and place on baking sheet. Drizzle vegetable oil over bread and toss to spread evenly. Bake for about 8 minutes until bread is golden brown.
2. Rinse and dry green beans. Cut in half and place in a microwave safe bowl with ¼ cup water. Microwave for 3 minutes then immediately put green beans in ice water to stop cooking. Set aside while you prepare the other ingredients.
3. Cut zucchini and summer squash in half lengthwise, then slice.
4. Combine squash, zucchini, green beans, tomatoes, and mozzarella cheese. Pour Italian dressing over vegetables and toss to coat evenly. Add toasted bread cubes right before serving.

TUESDAY

Cabbage and Chickpeas with Mustard Seeds and Yogurt

Serves 6 | 30 minutes | GF

Source: Bon Appetit Test Kitchen

For protein pairings, comments, & photos go to [Athensfarmersmarket.net/blog](https://athensfarmersmarket.net/blog)

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olive oil

2 teaspoons **mustard seeds**

1 15-oz. can **chickpeas**, rinsed

½ head **savoy cabbage**, cored cut into 1" strips

Kosher salt, freshly ground pepper

1 tablespoon **white wine vinegar**

½ teaspoon crushed **red pepper flakes**

1 cup **plain Greek yogurt**

1. Heat oil in a large skillet over medium-high heat. Cook shallots and mustard seeds, stirring occasionally, until shallots soften and mustard seeds begin to pop, about 3 minutes. Add chickpeas, cabbage, and 2 cups water; season with salt and pepper. Bring to a boil, reduce heat, and simmer, covered, until cabbage is very tender, 10–12 minutes. Uncover and cook until liquid is almost completely evaporated, about 3 minutes. Stir in vinegar and red pepper flakes; season with salt, pepper, and more vinegar, if desired.
2. Season yogurt with salt and pepper. Spread yogurt onto a serving platter and top with cabbage and chickpeas.

WEDNESDAY

Loaded Mashed Potato Bowls

Serves 4 | 30 minutes | Vegan, GF

6 small **potatoes**

2 tbsp **vegan butter**

¾ cup **unsweetened almond milk**

1 Tbsp **garlic powder**

Salt and pepper to taste

1 Tbsp **sesame oil**

1 cup **carrots** cut into matchsticks

2 cups **mushrooms**

2 cups **leafy green**

1. Put potatoes in large pot of water (enough to cover), add a few tbsp of salt, cover, and bring to boil.
2. Cook for about 20 minutes until potatoes slide off knife when poked. Strain and let cool for about 5 minutes.
3. Mash and add butter, milk, salt, pepper and garlic powder adjusting to taste and consistency preference
4. Heat the oil over medium-high heat. Add the carrots and saute for about 10 minutes. Add the mushrooms

to the pan and continue to sauté for another 10 minutes. Add a pinch of salt at each stage

5. Add the spinach and saute for another 5 minutes.
6. Place the mashed potatoes in separate bowls and add the cooked carrots, mushrooms, and spinach.

THURSDAY

Mango Thai Basil Stir Fry

Serves 4 | 45 minutes | vegan, GF

1 block firm **tofu**, drained & pressed, cut into 1 inch cubes

3 tbsp **grapeseed oil**

3 cloves **garlic**, minced

1 Tbsp **ginger**, peeled and minced

1 yellow **onion**

1 pint **snap peas**, strings removed

4 Tbsp **vegetable broth**

1 head **broccoli**, cut into florets

½ cup **frozen mangos**

2 tbsp **Tamari**

3 tbsp **Mango Thai Basil preserves** from Piedmont Provisions
Leafy greens, preferred (radish tops would be great!)

Salt

2 Cups **White Rice**, cooked according to package

1. Cook rice according to package
2. In a deep frying pan or wok, heat 1 Tbsp oil over medium-high heat, swirling to coat the pan. Add tofu and cook until lightly browned on one side, about 3 minutes. Turn tofu cubes, being careful not to break them and cook until browned on the opposite side. Transfer to plate.
3. Wipe pan clean, place over high heat, and add 1 Tbsp of oil, again swirling to coat pan. Add onion and stir fry for 1 minute. Add peas, and a pinch of salt.
4. Add garlic, ginger, carrot, and broccoli and frozen mango and stir fry for about 1 minutes. Add tamari, orange juice, and broth. Cover and cook on high heat until vegetables are almost tender, about 5 minutes. Add greens and stir until wilted. Add Mango Thai Basil to thicken remaining liquid into a sauce. Add tamari and salt to balance flavors.

FRIDAY

Aloo Gobi

Serves 4 | 40 minutes | Vegan, GF

2 medium **russet potatoes**, cut into 2"-long sticks

1 medium head of **cauliflower**, cut into small florets

5 Tbsp. **extra-virgin olive oil**, divided

1 tsp. **cumin seeds**

½ tsp. **ground turmeric**

1 **small onion**, finely chopped

1 Tbsp. thinly sliced **ginger**

Pinch of **asafetida** (optional, but really great)

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Pinch of **red chili powder**

1 tsp. (or more) **kosher salt**

1 Tbsp. (or more) fresh **lime juice**

½ cup chopped **cilantro** leaves with tender stems

1. Preheat oven to 400°. Line a rimmed baking sheet with foil. Toss potatoes and cauliflower with 3 Tbsp. oil on prepared sheet. Spread in an even layer and roast, tossing once halfway through, until cauliflower and potatoes are browned and slightly crisped, about 30 minutes. Let cool.
2. Meanwhile, heat remaining 2 Tbsp. oil in a large skillet over medium-high until it begins to shimmer. Add cumin and cook, stirring frequently, until they turn a medium shade of brown, about 1 minute. Reduce heat to medium and swirl in turmeric. Add onion and cook, stirring frequently, until translucent, 4–6 minutes. Add ginger, asafetida (if using), and chili powder and cook, stirring, until heated through and well combined, about 1 minute longer.
3. Stir in roasted potatoes and cauliflower, including any charred bits from the foil, and gently mix (don't overmix, or the cauliflower will fall apart). Add salt and cook, tossing occasionally, until potatoes and cauliflower are tender (but not soggy!), 5–6 minutes. Remove from heat and add lime juice. Taste and add more lime juice or salt, if needed.
4. Transfer potatoes and cauliflower to a platter. Top with cilantro.