

# Athens Farmers Market Weekly Meal Plan

## Market Shopping List

2 small **red onion**  
1 large **onion**  
1 **small-medium watermelon**  
1 red or orange **bell pepper**  
5 **cucumbers**  
19 small **tomatoes small tomatoes**  
2 large **fresh tomatoes**  
3 small **green chiles**  
5 large **russet potatoes**  
1 head **garlic**  
6 medium **eggplants**  
small **zucchini**

## Pantry Needs

### Produce

**cilantro**  
1 bunch of fresh **parsley**  
1 **lemon**

### Pantry

2/3 cup **green lentils**  
2 (13.5-ounce) cans of **chickpeas**, drained and rinsed  
1/2 cup **Almond flour**  
Slivered **almonds**

### Fridge

1/2 cup **Parmesan cheese** grated  
3/4 cup plain whole-milk **Greek yogurt**  
1 **Egg**

### Spices

**salt and pepper**  
**cayenne pepper**  
**dried oregano**  
**bay leaf**  
**cinnamon stick**

### Oils & Vinegars

1/4 cup **red wine vinegar**  
1 cup **olive oil**  
2 cups **Vegetable oil**  
2 teaspoons **garlic-infused** olive oil

## MONDAY

### Watermelon Gazpacho

Serves 4 | 10 minutes plus chilling | Vegan, GF  
Source: Cedar Grove Farm

1 small **red onion**  
1 **small-medium watermelon** chopped, seeded  
1 red or orange **bell pepper**  
2 peeled and seeded **cucumbers**  
3-4 **tomatoes**  
1 **jalapeno** seeded  
**cilantro**, optional  
2 tablespoons - 1/4 cup **red wine vinegar** to taste  
1-2 tablespoons **olive oil**  
**salt and pepper** to taste

Blend in blender or food processor to desired consistency.  
Refrigerate several hours before serving.

## TUESDAY

### Mousska

Serves 12 | 2.5 hours mostly inactive | Vegan  
Source: Vegetarian Times May 2017

5 large **russet potatoes**, peeled and cut into chunks (3 1/2 lb.)  
4 cloves **garlic**, peeled  
1/4 cup plus 2 Tbs. **olive oil**, divided  
1 large **onion**, chopped (1 1/2 cups)  
3 Tbs. dried **oregano**  
4 **tomatoes**, chopped  
2/3 cup **green lentils**  
1 **bay leaf**  
1 **cinnamon stick**  
2 medium **eggplants**, sliced  
2 small **zucchini**, sliced  
3 **tomatoes**, thinly sliced

1. Cook potatoes and garlic in boiling salted water 10 minutes, or until soft. Drain, and reserve liquid. Mash with 1/4 cup olive oil and 2 cups cooking liquid. Season with salt and pepper.
2. Heat 2 Tbs. olive oil in saucepan over medium heat. Add onion and oregano, and sauté 5 minutes. Add

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tomatoes, lentils, bay leaf, cinnamon stick, and 3 cups potato cooking liquid. Cover, reduce heat to medium-low, and simmer 45 minutes, or until lentils are tender. Remove bay leaf and cinnamon, and purée lentils in food processor until chunky. Season with salt and pepper.

3. Place eggplant slices on paper-towel-lined baking sheet, and sprinkle with salt. Let stand 30 minutes. Rinse, and pat dry.
4. Preheat oven to 350°F. Coat deep 13- x 9-inch baking dish with cooking spray. Spoon 1 1/2 cups lentil mixture into bottom. Top with eggplant, followed by zucchini and tomatoes. Spoon 2 cups lentil mixture over top. Spread half of potatoes over lentil mixture. Top with remaining eggplant, and lentil mixture. Spread remaining potatoes over top, making sure to cover completely. Bake 1 1/2 hours, or until top is browned.

## WEDNESDAY

### Chickpea and Eggplant Salad

Serves 4 | 1 hour | Vegan, GF

Source: Amelia Freer Cook. Nourish. Glow. January 2016

1/2 a **small red onion**, finely sliced

1 large **eggplant**, cut in half lengthwise and sliced into thin half moons

A good glug of **extra virgin olive oil**

Juice and zest of 1 **lemon**

2 (13.5-ounce) cans of **chickpeas**, drained and rinsed

2 large **fresh tomatoes**

1 bunch of fresh **parsley**, chopped

2 teaspoons **garlic-infused** olive oil

1 teaspoon **cayenne pepper**

Slivered **almonds**, to serve

1. Cover the onion with water and set aside for half an hour—this reduces the harshness of its taste when eaten raw.
2. Next prepare the eggplant. Spread the half-moon slices out on a baking sheet and brush them with olive oil. Place on a high rack under the broiler for 5 minutes, then take out and brush again with a mixture of olive oil and lemon juice—you can make it quite wet, as the eggplant will absorb all the liquid. Place back under the

broiler until the edges of the slices are slightly blackened and the flesh is soft. Set aside in a large bowl.

3. On the same baking sheet, spread out the chickpeas and broil until they're golden. Add them to the bowl of eggplant.
4. Dice the tomatoes into small cubes and add to the bowl along with the parsley, drained red onion slices, garlic oil, cayenne pepper, remaining lemon juice, zest, salt and pepper and mix well. Serve warm, with a sprinkling of slivered almonds.

## THURSDAY

### Fried Eggplant, Tomato, and Cucumber Salad

Serves 6 | 60 minutes | Vegetarian, GF

Source: Yotam Ottolenghi Bon Appétit August 2014

1/2 cup **fresh cilantro** leaves with tender stems

1/2 cup fresh flat-leaf **parsley** leaves with tender stems

1 **garlic** clove, chopped

2 small **green chiles**, such as Thai, seeds removed, chopped, divided

1/2 cup **olive oil**, divided

3/4 teaspoon **kosher salt**, plus more

3/4 cup plain whole-milk **Greek yogurt**

1 tablespoon fresh **lemon juice**

2 **medium eggplants** (about 1 1/2 pounds), cut into 1 1/2" pieces

**Vegetable oil** (for frying; about 2 cups)

1 pound **small tomatoes** (about 8), cut into wedges

1/2 pound **cucumbers** (about 3), sliced

1. Purée cilantro, parsley, garlic, half of chiles, and 1/4 cup olive oil in a blender or food processor until very smooth; season herb oil with salt and set aside.
2. Whisk yogurt, lemon juice, and remaining 1/4 cup olive oil in a small bowl; season with salt and set yogurt sauce aside.
3. Place eggplants in a colander set in the sink; season with 3/4 teaspoon salt. Let sit 30 minutes to drain, then pat dry.

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4. Fit a medium pot with thermometer; pour in vegetable oil to measure 2". Heat over medium-high heat until thermometer registers 375°.
5. Working in batches and returning oil to 375° between batches, fry eggplants, turning often, until golden brown and tender, about 5 minutes. Using a slotted spoon, transfer eggplants to paper towels to drain; season with salt. Let cool.
6. Combine eggplants in a large bowl with tomatoes, cucumbers, and remaining chiles; drizzle with some reserved herb oil and toss to combine. Season salad with salt.
7. Spoon reserved yogurt sauce onto a platter, top with salad, and drizzle with more herb oil.
8. Do ahead: Herb oil and yogurt sauce can be made 1 day ahead. Cover and chill separately.

## FRIDAY

### Baked Eggplant parmesan slices

Serves 4 | 40 minutes | Gf

Source: Cedar Grove Farm adapted from  
divaliciousrecipes.com

#### 1 **Eggplant**

1/2 cup **Parmesan cheese** grated

1/2 cup **Almond flour**

1/2 teaspoon **Salt**

1/2 teaspoon **Black pepper**

1 teaspoon **Oregano** optional

1 **Egg** beaten

1. Preheat the oven to 400F degrees
2. Cut the eggplant into slices of about 1 cm thick, removing the top and bottom of the eggplant.
3. Place the almond flour, Parmesan, herbs, salt and pepper in a bowl and combine.
4. Dip the eggplant slices in the beaten egg, then into the Parmesan mixture. Double dip if you want.
5. Place the coated eggplant slices on a parchment paper lined baking tray.
6. Bake for 25-30 minutes, turning the slices over half way through when crispy and brown.
7. Goes great with fresh tomato sauce! I've been simmering paste tomatoes, fresh basil, garlic and olive oil in a saucepan for about an hour and then blending.

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