

# Athens Farmers Market Weekly Meal Plan

Week 6: April 29<sup>th</sup> to May 3<sup>rd</sup>

This week we're featuring a lot of late spring veggies. Gain inspiration on finding joy through underused parts of the vegetable. If you miss out on any veggie on your shopping list (asparagus always goes so quickly!), try swapping it out with something comparable. I trust you to make it work!

- ❖ Soy Glazed Broccoli Stalk Wraps with Radish and Fennel Slaw
- ❖ Mango Thai Basil Stir Fry
- ❖ Glazed Carrots
- ❖ Spring Rice Bowls with Chive Oil
- ❖ Cauliflower Cream Pasta with Fresh Herbs

## Market Shopping List

**kohlrabi leaves** (or any comparable leafy green. Broccoli leaves, cabbage, bibb lettuce, collard, etc)

1 bunch **radishes**

1 **fennel**

1 pint **snap peas**

1 head **broccoli**

1 **bok choy**

1 lb **asparagus**

1 bunch **carrots**

4 cups **spinach**

½ head **cauliflower** (1 lb)

1 bunch **Parsley**

1 bunch **chives**

1 bunch **scallion**

**Mango Thai Basil preserves** from Piedmont Provisions

1/2 cup **honey**

## Pantry Needs

### produce

2 **lemon**

2 **lime**

2 heads **garlic**

4 **garlic** cloves

**ginger**

1 yellow **onion**

4 **shallots**

### pantry

1 lb **pasta**

1 15 oz can **chickpeas**

1 15 oz can **fava beans**

1 cup **short grain brown rice**

2 Cups **white rice**

### fridge

**miso paste**

**unsweetened plain non dairy milk**

1 block firm **tofu**

**maple syrup**

**vegetable broth**

**Orange juice**

### spices

**sea salt**

Ground **black pepper**

**nutritional yeast**

**whole-grain mustard**

**Cornstarch**

### oils and vinegars

**olive oil**

1+ cup **tamari**

**sriracha**

**rice vinegar**

**grapeseed oil**

## MONDAY

### Soy Glazed Broccoli Stalk Wraps with Radish and Fennel Slaw

Serves 4 | 30 minutes | GF

**Chef Spotlight!** Greg Zock from Heirloom Cafe

### Wrap

**kohlrabi leaves** (or any comparable leafy green. Broccoli leaves, cabbage, bibb lettuce, collard, etc)

### Soy glaze

1 cup **tamari** (gluten free soy sauce)

1/2 cup **honey**

4 **garlic** cloves, minced

1 inch **ginger** root, minced

**scallion**, minded

**sriracha** to taste

Half a **lime**

### Wrap base:

**Broccoli stalk cubes** or disks (or turnips, cauliflower stem, or comparable veggie)

### Radish/fennel salad

1 cup chopped **radish**

1 cup chopped **fennel**

1/2 cup Chopped **fennel fronds**

1 **lime**

**Salt** to taste

**Pepper** to taste

Splash of **honey**

1. Add glaze ingredients together and whisk until honey is incorporated
2. Filling: peel fibrous skin if any, cut into discs or cubes. Turn pan to medium heat and add canola oil. Salt and pepper to taste, and saute until barely tender. Add in soy glaze to coat the broccoli and let cook down on low for a few minutes (contains honey. Do not let cook too high or too long or it will burn).
3. Salad: Mix together in bowl.
4. Assembly: Take leaf, wrap base, and salad and assemble. Top with sesame seeds.

For protein pairings, & more weekly meal plans go to [Athensfarmersmarket.net/blog](https://athensfarmersmarket.net/blog)  
Share your meals with us on Instagram! @athensfarmersmarket #afmcooks



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## TUESDAY

### Mango Thai Basil Stir Fry

Serves 4 | 45 minutes | vegan, GF

1 block firm **tofu**, drained and cubed  
**cornstarch**  
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  
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. Cut tofu into 1- inch cubes and blot dry with paper towels. Dust cubes with cornstarch and blot again.
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 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.

## WEDNESDAY

### Glazed Carrots

Serves 4 to 6 | 40 minutes | V, GF  
Mississippi Vegan by Timothy Pakron

1 lb **carrots**, peeled and halved lengthwise  
4 large **shallots**, peeled, rinsed, and quartered  
2 tbsp **olive oil**  
2 tbsp **maple syrup**  
2 tbsp **whole-grain mustard**  
2 tbsp **mellow white miso**  
2 tbsp **nutritional yeast**  
2 tsp **rice vinegar**  
2 tsp **tamari**  
2 tsp **sriracha**

1. Preheat oven to 350
2. Toss carrots, shallots, olive oil, maple syrup, mustard, miso, nutritional yeast, vinegar, tamari, and sriracha, into a 9 x 13 inch baking dish and toss well.
3. Roast until the carrots are soft and tender, about 30 minutes, tossing halfway.

## THURSDAY

### Spring Rice Bowls with Chive Oil

Serves 4 | 60 minutes | Vegan, Gluten Free  
Source: Whole Bowls by Allison Day

#### *bowls*

1 cup **short grain brown rice**  
2 cups water  
1 lb **asparagus**, though ends trimmed, cut into 1-inch pieces  
2 cups cooked **chickpeas**  
¼ cup cooked **fava beans**  
2 **carrots** shredded

#### *chive oil*

3 tbsp **olive oil**  
1 tbsp **lemon juice**  
1 tbsp fresh **chives**, diced  
½ tsp **sea salt**

Ground **black pepper**, to taste

1. Preheat oven to 400 F.
2. Add rice and water to a medium saucepan, bring to a boil, reduce to a simmer, cover, and cook for 45 minutes. Once all water is cooked out, take off heat, and leave covered for 5 minutes to steam. Fluff with fork before serving.
3. Roast asparagus on baking sheet for 10 minutes.
4. In medium bowl, combine chickpeas and fava beans.
5. For the chive oil, combine all ingredients in a small bowl and mix.
6. Assemble bowls and drizzle with chive oil. Serve warm or chilled

## FRIDAY

### Cauliflower Cream Pasta with Fresh Herbs

Serves 4 | 30 minutes | Vegan  
Source: Thug Kitchen 1, Rodale

1 lb **pasta**  
4 cups **spinach**, chopped  
½ head **cauliflower** (1 lb), cut into small pieces  
½ cup **unsweetened plain non dairy milk**  
3 cloves **garlic**, minced  
1 tablespoon **lemon juice**  
1 tsp **miso paste**  
½ cup fresh **parsley**, minced

1. Cook pasta according to the package. When done, drain, and put in large bowl with spinach, toss, and set aside.
2. While the pasta cooks, bring a medium pot of water to a boil. Throw in a pinch of salt and the cauliflower and simmer until cauliflower is tender, 5 to 7 minutes. Drain and toss in blender.
3. Add milk, garlic, lemon juice, olive oil, miso, and salt to taste to the blender. Blend until sauce is creamy.
4. Pour cauliflower puree into pot you boiled the cauliflower in and set over low heat. Add pasta and spinach and toss until everything is mixed and warm. Top with salt, pepper, and parsley to taste.

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