

WEEKLY SHOPPING LIST

SUN

ROASTED VEGGIE PASTA

- 1 bunch asparagus
- 1 cup cherry tomatoes
- 1 red bell pepper
- 1 small yellow summer squash
- ½ red onion
- ¼ cup fresh basil, chopped
- 2-10oz pkgs Bird's Eye Zucchini Lentil
- ½ cup hearts of palm, sliced
- ¼ cup red wine vinegar
- 2 tbsp extra virgin olive oil
- 1 tsp oregano
- ½ tsp garlic powder



MON

SUMMER VEGETABLE LASAGNA

- 1 small onion
- 1 bell pepper
- 3-4 cloves garlic
- 2 medium-size zucchini
- 1 pint cherry tomatoes
- 1 lemon
- 8 ounces corn kernels
- fresh basil for serving
- 6 ounces tomato paste
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon crushed red pepper
- 5 whole grain lasagna sheets
- 1 cup raw cashews



TUES

ENCHILADA BOWLS

- 1/2 yellow onion
- 1 small red pepper
- 1 small green pepper
- 1 medium sized sweet potato, peeled and spiralized
- 1 cup corn kernels
- 1 (15 oz) can black beans
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- 1 small can enchilada sauce
- 2 cups cooked rice or quinoa



WED

COUSCOUS SALAD

- 1 lb Rainier cherries
- 4 apricots
- 2 cups mint leaves
- 7 oz arugula
- Juice of 1 lemon
- ¼ cup extra virgin olive oil, divided
- 1 ½ tbsp ras el hangout
- 1 ½ cups Israeli couscous
- 2 ¼ cups vegetable broth
- 1 tbsp nigella seeds
- 4 tbsp raw honey
- 4 oz goat cheese, crumbled

THUR

SOUTHWEST VEGGIE BURGERS

- 2 tablespoons finely chopped white onion
- 2 cloves garlic minced
- 1 small jalapeño
- 1/3 cup red bell pepper finely chopped (about ¼ of a bell pepper)
- 1/3 cup corn kernels (about 1/2 an ear of corn)
- 1/3 cup black beans
- 1 14- ounce can white beans
- 1 cup cooked brown rice
- ½ teaspoon ground cumin
- 1 egg lightly beaten