

WEEKLY SHOPPING LIST

SUN

GREEK PASTA SALAD

- 1 (10 oz) bag Mann's Kohlrabi Linguini, steamed or raw
- 1 1/2 cups cherry tomatoes
- 1 cup sliced cucumbers
- 1 cup sliced yellow bell pepper
- 1 clove garlic, minced
- 2 tablespoons chopped fresh dill
- 1/2 cup sliced kalamata olives
- 1/3 cup thinly sliced red onion
- 1/4 cup olive oil
- 1 1/2 tablespoons red wine vinegar
- 1/2 teaspoon dijon mustard
- 2 ounces whole wheat pasta
- 3/4 cup feta cheese or tofu feta

MON

TOMATO CORN ORZO

- 1 and 1/2 cups cherry tomatoes
- 1 cup grilled corn
- 6 green onions
- 1/2 cup basil
- 1 cup uncooked orzo pasta
- 1/2 cup dry white wine
- 3 tablespoons vegan butter

TUES

SUMMER LASAGNA ROLLS

- 1 medium zucchini
- 1 yellow summer squash
- 1/2 cup fresh chopped basil
- 16oz extra firm tofu
- 3/4 cup roasted garlic hummus
- 12 oz frozen spinach
- 1 tsp garlic powder
- 5 tbsp nutritional yeast
- 9 whole grain lasagna noodles
- 32 oz pasta sauce

WED

SOFT CORN TACOS

- 3 garlic cloves
- 1 large sweet potato
- 1 poblano pepper
- 1 large onion
- 2 ears corn kernels
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 2 cups cooked black beans
- 12 (6-inch) corn tortillas
- 6 oz cotija cheese, crumbled

THUR

PORTOBELLO BURGERS

- 2 large portobello mushrooms
- 1 small eggplant
- 1 roasted red bell pepper
- 1/2 small red onion
- 1/4 cup pesto sauce
- handful baby arugula
- 2 hamburger buns
- 3 tbsp balsamic vinegar
- 2 slices havarti cheese