

WEEKLY SHOPPING LIST

SUN

GRILLED HUMMUS BOWLS

- 1 red onion
- 2 medium zucchini
- 2 medium bell peppers
- 8 ounces mushrooms
- 2 ears corn
- 2 limes
- 1/2 cup chopped fresh cilantro
- 2 cups cooked brown rice
- 16 ounces hummus
- high heat oil for cooking
- whole grain pita bread for serving



MON

BAKED HUEVOS RANCHEROS

- 1/2 small yellow onion
- 3 cloves garlic
- 1 head lacinato kale
- 1 large avocado
- 1 (14-ounce) can black beans
- 3 corn tortillas
- 2 cups salsa
- 4 large eggs
- 1 cup cheddar cheese



TUES

SWEET POTATO TACOS

- 6 cups diced sweet potato
- 4 cups chiffonaded kale
- Small handful thinly sliced red onion
- 1 lemon
- 2 cups chickpeas
- 3 teaspoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- corn tortillas
- 2 tablespoons tahini
- avocado, salsa, hot sauce, jalapeños, cilantro



WED

SUMMER PASTA SALAD

- 3 large very ripe tomatoes (about 1.5 lb)
- 2 whole peeled garlic cloves
- 1/4 cup chopped fresh herbs
- 1/2 cup extra virgin olive oil
- pinch of ground coriander
- 1/4 cup toasted pine nuts
- splash of red wine vinegar
- red pepper flakes
- 1 lb pasta
- 8 oz bocconcini

THUR

ROASTED VEGGIE PASTA

- 1 bunch asparagus
- 1 cup cherry tomatoes
- 1 red bell pepper
- 1 small yellow summer squash
- 1/2 red onion
- 1/2 cup hearts of palm
- 1/4 cup fresh basil
- 2 tbsp extra virgin olive oil
- 2-10oz pkgs Bird's Eye Zucchini Lentil Pasta
- 1/4 cup red wine vinegar
- 1 tsp oregano
- 1/2 tsp garlic powder