



## Healthy Dinner Recipes

- Quinoa Blackbean Crockpot Stuffed Peppers from Pinch of Yum
- Avocado Beet and Tangerine Salad from Cooking on the Weekends
- Salmon and Asparagus in Foil from Pinch of Yum
- Easy Creamed Spinach Lasagna from Mitzy at Home
- Prosciutto Blackberry Basil Pizza from Your Home Based Mom

### Produce

- bell peppers (6)
- avocado (topping) (1)
- beets (2 C)
- tangerines ( 5 small, ojai pixie if available)
- asparagus (1 lb)
- garlic cloves (2) (2 t)
- lemon (1)
- spinach, frozen (1 lb)
- blackberries (1 C)

### Herbs

- cilantro (topping)
- dill (fresh sprigs)
- parsley (1 T)
- basil (1/4 C)

### Spices

- cumin (1 t)
- chili powder (1 t)
- onion powder (1 t)
- garlic salt (1/2 t)
- garlic powder (1 t)
- nutmeg (1/4 t)

### Dairy

- pepperjack cheese (1 1/2 C)
- sour cream (topping)
- roquefort cheese (1 T crumbles)
- egg (1)
- sour cream (6.5 oz)
- whole milk (2 C)
- mozzarella (10.5 oz- low moisture) (pizza topping)
- unsalted butter ( 2 T)
- parmesan cheese (pizza topping)

### Pasta & Grains

- quinoa (1 C, uncooked)
- uncooked pasta sheets (20)

### Meat & Fish

- salmon (4 filets, 6 oz each)
- prosciutto (10 slices)

### Bread & Tortillas

- pizza dough (for pizza)

### Pantry Items

- black beans (14 oz can)
- refried beans (14 oz can)
- red enchilada sauce (1 1/2 C)
- olive oil (2 1/2 T) (2 1/2 T) (2 T)
- all purpose flour (4 T)
- pizza sauce (for pizza)
- cornmeal (for dusting paddle)