



Vegetarian Menu from Foolproof Living

Baby Spinach Salad with Blood Oranges

Coriander and Sweet Potato Soup with Crispy Chickpea Croutons

Roasted Acorn Squash Salad with Pepitas and Cranberries

30-minute Broccoli and Feta Soup

Slow Cooker Butternut Squash Lentil Stew

Produce

- baby spinach (3 C)
- blood oranges (2 medium)
- pomegranate seeds (1/2 C)
- avocado (1)
- red onion (1/2)
- lime juice (1 T) (1 T)
- onion (1 large) (1 medium) (1 C)
- shallot (1)
- garlic cloves (2) (3) (5)
- sweet potatoes (2 medium) (1 large)
- acorn squash (2 small or 1 large)
- arugula (2 C)
- leafy salad greens (2 C)
- pomegranate seeds (handful)
- celery (2 stalks) (5 stalks)
- Yukon gold potato (1 large)
- broccoli florets (6 C)
- butternut squash (2 C)
- carrots (4)
- kale (2-3 C)

Herbs

- cilantro or parsley (garnish)
- Italian parsley (1/3 C)

Spices

- chili powder (1/2 t)
- garlic powder (1/2 t)
- cumin (1/2 t) (1 t)
- cayenne (1/2 t) (pinch)
- cinnamon (1/4 t)
- coriander seeds (1 t) (1/2 t)

Dairy

- feta cheese (1/4 C) (1/3 C)
- goat cheese (4 oz)

Beans & Grains & Seeds

- chickpeas (2 cans)
- pepitas (1/2 C)
- farro (1 C, cooked)
- French du puy lentils (1 1/2 C)

Nuts

- pecans (1/4 C)

Pantry Items

- olive oil (1 T) (3 T) (1/4 C + 1 T) (2 T)
- hot sauce (dash)
- vegetable stock (6 C) (4 C) (5 C)
- apple cider vinegar (2 T)
- dried cranberries (1/2 C)
- sumac (1/2 t optional)
- white wine vinegar (1 T, or apple cider vinegar)