



Weeknight Recipes Meal Plan with Culinary Hill

Strawberry Pecan Spinach Salad

Orzo Pasta Salad with Roasted Vegetables

Vegetarian Stuffed Bell Peppers

Pan Fried Tilapia

Mediterranean Vegan Quinoa Bowl

Produce

- baby spinach (12 oz)
- strawberries (1 lb)
- orange bell pepper (1) (2) (1)
- yellow bell pepper (1) (2) (1) (1)
- asparagus spears (12)
- grape tomatoes (pint) (1 C)
- garlic cloves (2) (3)
- lemon (2 for zest and juice) (1)
- onion (1/4 C) (1)
- chipotle chiles (2)
- corn (1 C, frozen)
- arugula (1-2 C)
- Persian cucumbers (2)

Herbs

- basil (handful)
- cilantro or parsley (2 T)

Spices

- dried thyme (1/4 t)
- garlic powder (1/4 t)
- dried basil (1/4 t)

Dairy

- feta (8 oz crumbled)
- Monterey Jack Cheese (1 1/2 C)

Pasta & Grains

- orzo pasta (8 oz)
- rice (1 C)
- quinoa (1/2 C uncooked)

Nuts

- roasted pecans (1 C)
- pine nuts (1/2 C)

Fish

- Tilapia (6 oz filets, 4)

Pantry Items

- olive oil (1/2 C) (3 T) (1) (1/4 C) (1 t)
- balsamic (1/4 C)
- dijon mustard (4 t)
- vegetable broth (12 oz)
- black beans (15 oz can)
- diced tomatoes (14 oz can) (14 oz can)
- tortilla chips (1/2 C)
- capers (1/4 C)
- chickpeas (1 C)
- kalamata olives (1/2 C)
- hummus (1/4 C)