

# RAINBOW

eat the rainbow!

# DELICIOUS

Winter 2014 Week 3

Chunky Vegetable Soup from Butterfly Foodie  
Sweet Potato Burrito Smother in Avocado Salsa Verde from  
Cookie and Kate  
Honey Goat Cheese Pizza from This Week for Dinner  
Zucchini and Yellow Squash Fettuccine Alfredo from  
Rainbow Delicious  
Turkey, Spinach and Cranberry Cream Cheese Pitas from  
Rainbow Delicious

## Produce

- Onion (1) (2-3 for caramelizing)
- Garlic Cloves (2) (2)
- Celery Stalks (2)
- Carrots (3)
- Sweet Potatoes (2 medium)
- Avocados (2)
- Jalapeno (1)
- Lime (1)
- Romaine Lettuce (1 1/2 C)
- Red Onion (1)
- Zucchini (1)
- Yellow Squash (1)
- Spinach (a few large handfuls)

## Herbs

- Thyme (1 T)
- Cilantro (1/4 C)

## Spices

- Cumin (1/2 t)
- Paprika or Chipotle Powder (1/2 t)

## Dairy

- Shredded Jack Cheese (1+ C)
- Sour Cream (as topping)
- Honey Goat Cheese (for pizza)
- Mozzarella, preferably fresh (for pizza)
- Fresh Parmesan (for topping pizza) (2/3 C)
- Butter (1/4 C)
- Heavy Cream (1 C)
- Cream Cheese (8 oz)

## Pastas

- Pasta of your choice (1 C)
- Fettuccine (12 oz)

## Dried Fruit

- Dried Cranberries (1/2 C)

## Meat

- Sliced Turkey (enough for pitas)

## Breads & Tortillas

- Whole Wheat Tortillas (6)
- Pitas or Flatbread (4-6)

## Pantry Items

- Olive Oil (1 T) (2 T) (3 T)
- Chopped Tomatoes (28 oz)
- Stock (1 1/2 litres)
- Jarred Roasted Red Peppers (2)
- Black Beans (2 C)
- Salsa Verde Mild (1 C)
- Pizza Dough (1)
- Salt & Freshly Ground Pepper
- Honey (1 T)
- Cranberry Sauce (2 T-optional)

## Extras

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