

# RAINBOW

eat the rainbow!

# DELICIOUS

## Delicious Winter Menu

Sweet Potato & Pomegranate Salad from Love and Lemons

Hearty Chicken Stew with Butternut Squash and Quinoa  
from Cooking Canuck

Grilled Cheese with Caramelized Onions and Spinach from  
Simply Reem

Spinach Macaroni and Cheese from Donna Hay

Rainbow Chicken Salad with Almond Honey Mustard  
Dressing from Pinch of Yum

### Produce

- Baby Spinach (1 C) (2 C)
- Medium Red Onion (2)
- Sweet Potatoes (2 medium)
- Baby Salad Greens (2 C)
- Pomegranate Seeds (1/3 C)
- Scallions (3)
- Garlic Clove (4) (1)(1/2 t)
- Butternut Squash (1 1/2 lb)
- Yellow Onion (1 medium)
- Grapes (2 C)
- Blueberries (1 C)
- Curly Lettuce (3 C)
- Orange (1 for 2 T juice)

### Herbs

- Cilantro (handful)
- Parsley (1/4 C)

### Bread & Tortillas

- Sourdough Bread (8 slices)

### Spices

- Red Pepper Flakes (1/2 t optional)
- Oregano (1 1/2 t)
- Chili Powder (1 t)

### Grains

- Uncooked Quinoa (2/3 C)

### Chicken

- Boneless, Skinless Chicken Thighs  
(1 1/2 lb)
- Boneless, Skinless Chicken  
Breasts (8 oz)

### Dairy

- Butter (2 T)
- Cheddar (2 1/2 C grated) (8 slices)
- Milk (2 C)
- Cream (1 C)
- Feta (1/3 C) (1/2 C)

### Nuts

- Pistachios (1/4 C)
- Almonds (1/2 C)

### Pasta

- Macaroni noodles (1 lb)

### Pantry Items

- Olive Oil
- Mayonnaise (4-8 T)
- Dijon (1 1/2 T)
- Honey (2 t)
- Sherry or White Wine Vinegar (1 t)
- Chicken or Vegetable Broth (3 1/2 C)
- Petite Diced Tomatoes (14 oz)
- Kalamata Olives (3/4 C)
- Almond Butter (3 T)
- Stoneground Mustard (1 T)
- Raw Honey (1/2 T)