

RAINBOW

eat the rainbow!

DELICIOUS

Winter 2014 Week 7

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)