

RAINBOW

eat the rainbow!

DELICIOUS

Easy Spring Dinner Ideas

Tortilla Soup from An Avocado A Day
Chicken Enchilada Skillet from Good Dinner Mom
Spinach Salad with Poached Eggs and Pancetta from
Williams-Sanoma

Chile Lime Salmon Fajita Salad with Cilantro Lime
Vinaigrette from Half Baked Harvest
Strawberry Poppyseed Bacon Chopped Salad from Creme
De La Crumb

Produce

- garlic cloves (2) (1 t)
- onion (1)
- hatch chili (1)
- avocado (1) (1) (1-2)
- shallot (2)
- baby spinach (10 oz)
- limes (2 for zest & juice)
- red pepper (1)
- butter lettuce/ spring greens (8 C)
- mango (1)
- jalapeno (1 small)
- romaine lettuce (6 C)
- strawberries (2 1/4 C)
- red onion (1/2)

Herbs

- cilantro (2 sprigs) (2 T + topping)
- green onions (1/2 C)
- thyme leaves (2 t)

Spices

- chili powder (1 1/2 t)
- smoked paprika (1 t)
- cumin (1/2 t)

Tortillas

- corn tortillas (4)

Dairy

- queso fresco (1/2 C or feta) (2 oz)
- cheddar (1/2 C) (3/4 C- sharp)
- monterey jack (1/2 C)
- sour cream (garnish)
- eggs (4 large)
- feta (1 C)

Meat, Poultry & Fish

- chicken breast (2-3 C cooked)
- pancetta (4 oz)
- skin on salmon (1 lb)
- bacon (8 strips)

Pantry Items

- olive oil (4 t) (3 T + 1/4 C) (1/2 C)
- plum tomatoes in tomato puree (28 oz)
- vegetable stock (4 C)
- canola oil - or olive oil (2 T)
- corn tortilla chips (15-20) (topping)
- black beans (15 oz) (1/3 C)
- diced tomatoes and green chiles (10 oz)
- red enchilada sauce (15 oz)
- tomato suace (8 oz)
- black olives (garnish)
- hot sauce (optional garnish)
- red wine vinegar (6 T)
- sugar (pinch) (1/3 C)
- brown sugar (1 t)
- honey (1-2 T)
- white vinegar (1/3 C)
- poppyseeds (1 T)