

Summer 2014 Week 1

Creamy Caprese Quinoa Bake from Half Baked Harvest Summer Peach and Balsamic Pizza from Love & Olive Oil Crispy Herbed Goat Cheese Stuffed Zucchini Blossoms from Life's Ambrosia

BBQ Chicken Salad from Damn Delicious Roasted Vegetable Tacos with Avocado Cream and Feta from Naturally Ella

Produce	Spices	Pantry Items
□grape tomatoes (1 C)	\Box crushed red pepper (1/2 t)	□quinoa (2 C cooked)
□peaches (4)	□cumin (2 t)	□pasta sauce (1 C)
□zucchini blossoms (12)		□tomato pasta (2 T)
□romaine lettuce (6 C lettuce)	Dairy	□balsamic vinegar (1 C)
□roma tomato (1)	□heavy cream (1/3 C)	□oil (for frying)
□corn kernels (3/4 C)	□parmesan cheese (1/3 C)	□all purpose flour (1 C)
□red onion (1/4 C) (1/2 C)	□mozzarella (1 C) (8 oz fresh)	\Box olive oil (1 T) (2 T)
□zucchini (1 small)	□soft goat cheese (2 oz)	□black beans (3/4 C)
□summer squash (1 small)	□herbed goat cheese (3 oz)	\Box ranch dressing (1/4 C)
□sweet corn (1 ear)	☐monterey jack cheese (1/4 C)	\Box bbq dressing (1/4 C)
□cherry tomatoes (1 C)	□chedar cheese (1/2 C)	□tortilla strips (1/4 C)
□red pepper (1 medium)	□plain greek yogurt (1/3 C)	
\square garlic cloves (2)	☐feta or goat cheese (garnish)	Extras
□avocado (1)		
□lime (1 T juice)	Meat	
□ c	□boneless skinless chicken breast	
	(2)	
Herbs		
\Box basil (1 large bunch) (1/2 C)	Bread & Tortillas	
□cilantro (1/4 C +)	□pizza dough (1 batch)	

□corn tortillas (6)