RAINBOW
eat the rainbow!
DELICIOUS

Fall 2014 Week 5

Skinny Spinach Lasagna
from Pinch of Yum
Butternut Apple Tart
from The Forest Feast
Chicken Pot Pie f
rom Lovely Little Kitchen
Kale Caesar Salad with Garbanzo Bean Croutons from
Mountain Mama Cooks
Beet and Kale Goat Cheese Salad
from Martha Stewart

Produce
- ☐garlic (1 T)
- ☐fresh spinach (6 oz)
- ☐lemon (1 for juice) (1 T)
- ☐onion (1) (1/4 C)
- ☐apples (2)
- ☐butternut squash (1)
- ☐celery (1/4 C)
- ☐carrot (1/4 C)
- ☐peas, frozen (1/2 C)
- ☐lacianto kale (1 head)
- ☐red Russian kale (1 bunch)
- ☐baby red beets (8)
- ☐baby chioggia beets (8)

Herbs
- ☐fresh thyme (2 t)
- ☐rosemary (1 T)
- ☐thyme (1/2 t)

Spices
- ☐nutmeg (1/4 t)

Dairy
- ☐butter (2 T) (4 T)
- ☐ricotta cheese (2 lbs) (1 C)
- ☐egg (1) (1) (1)
- ☐mozzarela cheese (2 C)
- ☐milk (2 C)
- ☐heavy cream (1/2 C)
- ☐parmesan cheese (1/2 C)
- ☐mild goat cheese (4 oz)

Meat
- ☐chicken (2 C cooked)

Pasta
- ☐no-boil lasagna noodles (12)

Pantry Items
- ☐marinara sauce (24 oz)
- ☐pie crust (1)
- ☐flour (2 T)
- ☐better than bullion base (1 t)
- ☐frozen puff pastry (1 sheet)
- ☐caesar dressing (for salad)
- ☐garbanzo beans (15 oz can)
- ☐olive oil (1 1/2 T) (3 T)
- ☐red wine vinegar (1 T)

Extras
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐