

Fall 2014 Week 4

Quinoa Stuffed Bell Peppers from Eat Yourself Skinny **Sweet Potato Chili** from Chocolate Covered Kate Roasted Fennel and Butternut Squash Soup from Cafe Johnsonia Sweet Potato Pomegranate Salad from Love and Lemons Roasted Beet and Pear Walnut Salad from Camilla Styles

		from Camille Styles
Produce	Spices	Pantry Items
□onion (1) (1) (1)	\Box groud cumin (1 T) (1 t)	\Box olive oil (1 T) (1 T) (2 T) (drizzle)
□ribs celery (2)	□chili powder (1 1/2 t)	\Box diced tomatoes (15 oz) (28 oz)
\Box garlic cloves (2) (1)		\Box black beans (15 oz) (1-2 cans)
□jalapeno (1)	Dairy	\Box quinoa (3/4 C) (1/2 C optional)
□large red bell peppers (4)	\Box pepper jack cheese (1 C)	□broth (1 C) (4 C)
☐sweet potato (20 oz) (2 medium)	\Box heavy cream, optional (1/2 C)	□honey (2 t) (drizzle)
□diced zucchini (2/3 C)	□feta (1/3 C) (1/4 C)	\Box sherry or white wine vinegar (1 t)
□orange (for 2 t zest)		□walnut oil (2 T)
□fennel bulb (1 large)	Nuts	□balsamic vinegar (drizzle)
□butternut squash (4 C cubed)	□pistachios (1/4 C)	
□baby greens (2 C) (few handfuls)	□walnuts (1/4 C)	Extras
□pomegranate seeds (1/3 C)		
□scallions (2-3)		
□beets (3 medium)		
□ripe pear (1)		
☐micorsprouts (optional garnish)		
Herbs		
□cilantro (handful)		