

# RAINBOW

*eat the rainbow!*

# DELICIOUS

Fall 2014 Week 10

Butternut Squash, Chickpea & Lentil Moroccan Stew  
from Ambitious Kitchen

Farmhouse Farro Salad from Love & Lemons

Quinoa Stuffed Acorn Squash Rings from Oh My Veggies

Squash and Apple Soup with Fried Halloumi  
from Floating Kitchen

Lunchbox Couscous from Cook Republic

## Produce

- ☐ white onion (1)
- ☐ garlic cloves (6)
- ☐ butternut squash (4 C) (4 C)
- ☐ lemon (1/2 for juice)
- ☐ sweet potato (1)
- ☐ kale (few leaves)
- ☐ salad greens (2-3 C)
- ☐ carrots (2)
- ☐ apple (1) (1) (1)
- ☐ radishes (a few)
- ☐ yellow onion (1) (2 C)
- ☐ acorn/dumpling squash (3 small)
- ☐ lime (1 for juice)
- ☐ spinach leaves (2 C)
- ☐ spring onion (1/2 C)
- ☐ pumpkin (1 C)

## Herbs

- ☐ cilantro (1/3 C)
- ☐ basil (handful)
- ☐ parsley (small handful)
- ☐ sage (2 T) (20)

## Spices

- ☐ cumin (2 t)
- ☐ cinnamon (1/2 t)
- ☐ saffron (1/8 t)
- ☐ red pepper flakes (pinch)
- ☐ allspice (1/8 t)
- ☐ sweet paprika (1 t)
- ☐ dried thyme (1 t)
- ☐ garlic granules (1 t)

## Dairy

- ☐ cheddar (1/2 C aged, smoked or sharp)
- ☐ egg (1)
- ☐ butter (1 T) (1 T)
- ☐ unsalted butter (2 T)
- ☐ cream (1/2 C + 2 T)
- ☐ halloumi cheese (8 oz)
- ☐ feta cheese (1 C)

## Nuts

- ☐ toasted almonds (1/2 C chopped)
- ☐ walnuts (2 T)

## Beans

- ☐ chickpeas (15 oz can)
- ☐ green lentils (1 C)

## Pasta & Grains

- ☐ farro (1 C cooked)
- ☐ quinoa (1/2 C)
- ☐ couscous (2 C dry)

## Pantry Items

- ☐ olive oil (1 t) (1/4 C) (3 T) (4 T) (1 T)
- ☐ diced tomatoes (28 oz can)
- ☐ vegetable broth (3 C) (1 C) (4 C)
- ☐ apple cider vinegar (2 T)
- ☐ dijon mustard (1 t)
- ☐ maple syrup, optional (1/2 t) (1 T)
- ☐ dried cranberries (1/4 C)
- ☐ vinegar (2 T)
- ☐ sun dried tomatoes (1 C)
- ☐ black olives (1/2 C)

## Extras

- ☐
- ☐
- ☐