

RAINBOW

eat the rainbow!

DELICIOUS

Fall 2014 Week 7

Autumn Chopped Salad from Espresso and Cream
Creamy Butternut Squash, Bacon and Leek Pappardelle
from How Sweet Eats
Gruyere Butternut Squash Soup with Roasted Chickpeas
from How Sweet Eats
Fontina, Pear and Caramelized Onion Galette
from Cheese Talk
Persimmon Salad from the Forest Feast

Produce

- romaine lettuce (6-8 C)
- medium pears (2) (2)
- leeks (4)
- garlic cloves (2) (1)
- butternut squash (2 1/2 C) (4 C)
- sweet onion (1)
- small onions (3-4)
- fuyu persimmons (8)
- red onion (1/2)
- pomegranate (seeds from 1)
- orange (1 for juice)
- lime (juice from one)

Herbs

- chives (2 T)
- fresh thyme (1 T)
- fresh rosemary (1 t)
- cilantro (bunch)

Spices

- nutmeg (1/4 t) (1/8 t)
- red pepper flakes (pinch)
- smoked paprika (1/2 t)
- cayenne pepper (1/4 t)

Dairy

- feta cheese (4-6 oz)
- half and half (1 C) (1/2 C)
- parmigiano-reggiano cheese (1 C)
- unsalted butter (2 T)
- {smoked} gruyere cheese (6 oz)
- butter (2 T)
- fontinacheese (2 C)
- egg (1)

Meat

- thick cut bacon slices (8) (6)

Nuts

- pecans (1 C)

Pasta

- pappardelle (8 oz)

Pantry Items

- dried cranberries (1 C)
- poppyseed dressing (for salad)
- balsamic vinaigrette (for salad)
- olive oil (3 T) (for dressing)
- veggie or chicken stock (2 C)
- chickpeas (2 C cooked)
- prepared pie crusts (2)
- red wine, white wine or white balsamic (1/2 t)

Extras

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