

# RAINBOW

eat the rainbow!

# DELICIOUS

Fall 2014 Week 9

Hearty Lentil and Quinoa Stew from Herbal Life Academy  
of New England

Potato Topped Vegetables from Rainbow Delicious  
Delicata Squash and Black Bean Enchiladas  
from A Cozy Kitchen

Massaged Kale Salad with Pomegranate, Persimmon and  
Pistachio from Yummy Supper  
Pear, Pomegranate and Spinach Salad  
from Cooking Classy

## Produce

- swiss chard (3 C)
- yellow onion (1)
- celery (1 1/2 C)
- sweet potato (1 1/2 C)
- garlic cloves (5) (2)
- cayenne pepper (1)
- carrots (4)
- cauliflower (1 C)
- broccoli (1 C)
- green beans (8 oz)
- fennel bulb (1)
- potatoes (5 C)
- shallot (1 large)
- delicata squash (1)
- lime (2 for juice)
- red bell pepper (1/2)
- avocado (1 for topping)
- kale (2 bunches)
- lemon (3 T juice)
- fuyu persimmons (2 firm but ripe)
- pomegranate (1/3 C arils) (3/4 C)
- bartlett pears (2)
- baby spinach (9 oz)

## Herbs

- fresh parsley (3/4 C)
- fresh sage (2 T)
- cilantro leaves (garnish)

## Spices

- all-purpose seasoning (1 T)
- paprika (1 T)
- thyme (1 t)
- cumin (1 t) (1/2 t)
- bay leaf (1)
- ancho chile powder (1 1/2 t)

## Dairy

- butter (4 T)
- milk (2/3 C)
- plain yogurt (4 T)
- parmesan (1 C)
- shredded cheese (1 C)
- creme fraiche (1/4 C)
- feta cheese (3 oz)

## Bread & Tortillas

- corn or flour tortillas (6 to 8)

## Beans

- brown lentils (2 1/2 C)
- black beans (3/4 C canned)

## Bread & Tortillas

- corn or flour tortillas (6 to 8)

## Nuts

- pistachios (1/3 C)
- walnuts or pecans (2/3 C)

## Pantry Items

- vegetable broth (8 C) (2/3 C)
- quinoa (2 C)
- fire roasted tomatoes (28 oz can)
- apple cider vinegar (3 T) (1/4 C)
- olive oil (2 T) (2 T) (1/3 C) (3 T)
- all purpose flour (2 1/2 T)
- dry white wine (2/3 C)
- red enchilada sauce (1 C)
- honey (2 T)
- dijon (1 t)
- maple syrup (1 T)
- dried cranberries (1/2 C)