

Fall 2014 Week 11

RAINBOW

eat the rainbow!

DELICIOUS

Black Bean and Lentil Chili
from Taste Love and Nourish
Butternut Squash and Crispy Sage Pizza
from Alexandra Cooks

Butternut Squash and Bacon Quiche from Martha Stewart
Orange Avocado Salad from The Forest Feast
Apple Cranberry Pecan Feta Spinach Salad from Cooking
Classy

Produce

- baby spinach (10 oz)
- gala apples (2-3)
- red onion (1/2 small)
- orange (1-2)
- avocado (1-2)
- yellow onion (1)
- butternut squash (3/4 lb) (1 small, about 1 lb)
- garlic cloves (2) (4)
- sweet onion (1 large)
- celery (2 stalks)
- carrots (4 large)
- sweet corn (1 C, frozen)
- avocado (for topping)

Herbs

- scallions (2-4 T)
- cilantro (2-4 T) (topping)
- sage leaves (6) (10-15)
- thyme (few sprigs)

Spices

- chili powder (4 T)
- paprika (1 T)
- chipotle chili powder (1 t)
- allspice (1 t)
- cumin (1/2 t)
- bay leaf (1)

Dairy

- feta cheese (4 oz)
- eggs (8 large)
- whole milk (1/2 C)
- heavy cream (1/2 C)
- ricotta cheese (1 container)
- parmigiano reggiano (1/4 C)
- sour cream (for topping)
- shredded cheddar (topping)

Meat

- bacon (8 slices) (12 oz)

Nuts

- pecans (1 C, toasted)

Pantry Items

- dried cranberries (1/2 C)
- olive oil (1/2 C) (drizzle) (3 T)
- apple cider vinegar (1/4 C)
- maple syrup (2 T)
- dijon mustard (2 t)
- pie dough (1)
- pizza dough (1 ball)
- canola oil (for frying)
- vegetable broth (6 C)
- lentils (2 C)
- tomato sauce (29 oz)
- black beans (29 oz)
- roasted red peppers jarred (12 oz)
- tobasco (1-2 t)
- honey (1 T)