



## Healthy Easy Dinner Recipes

- Grilled Caprese Chicken from Kim's Healthy Eats
- Sweet Potato, Black Bean and Avocado Tacos from Love and Lemons
- Pineapple Chicken Kebabs from Julie's Eats and Treats
- Black Bean, Radish, Jicama and Avocado Salad from Rainbow Delicious
- Herby Grilled Chicken Kebabs with Grapes and Shallots from A Farmgirl's Dabbles

### Produce

- tomatoes (2)
- sweet potato (1)
- avocado (2) (1)
- scallions (2)
- jalapeno (1, optional)
- garlic cloves (1) (2) (4)
- lime(1)
- pineapple (1)
- red onion (1)
- romaine lettuce (6-8 C)
- tomato (1 large)
- corn (1 cobb)
- radishes (4)
- jicama (1 small)
- lemon (1)
- shallots (3-4 large)
- grapes (20 large)

### Herbs

- basil (handful)
- cilantro (small bunch)
- fresh thyme (2 t)
- rosemary (2 t)

### Spices

- chili powder (1/2 t)
- garlic powder (1 t)
- ground ginger (1/2 t)

### Dairy

- fresh mozzarella (4 slices)
- cotija (1/4 C, or feta) (1/3 C)
- greek yogurt (1/2 C) (1/2 C)

### Beans

- black beans (1 C) (1/2 C)

### Meat

- chicken breasts (4) (1 lb)(1 lb)

### Bread & Tortillas

- corn /flour tortillas (6)

### Pantry Items

- balsamic vinegar (1/3 C)(1/4 C)(2 T)
- olive oil (1 t) (3/4 C) (3 T)
- brown sugar (1 T)
- canola oil (1 T)
- soy sauce (1/4 C)
- honey (1 T) (1 T)

### Extras

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