

RAINBOW eat the rainbow! DELICIOUS

Spring 2015 Week 11

- Avocado Caprese Chicken Salad with Balsamic Vinaigrette from Joyful Healthy Eats
- Grilled Peach Pizza from Say Yes
- Pizza with Lemon, Smoked Mozzarella and Basil from Alexandra's Kitchen
- Pea Guacamole and Seared Halloumi Soft Tacos from Salt & Wind
- Nuts about Berries Salad from Oh So Delicioso

Produce

- avocado (1) (1)
- spring salad mix (3-4 C)
- cherry tomatos (1/2 C) (1 pint)
- garlic cloves (1) (1)
- lemon (1 T juice) (1) (1)
- peaches (2)
- onions (1 for caramelizing)
- sweet oas, fresh or frozen (2 C)
- red onion (1/4)
- romain or spinach (for salad)
- strawberries (handful)
- blackberries (handful)
- blueberries (handful)

Herbs

- basil (1/4 C) (topping) (5 leaves)
- parlsey or cilantro (2 T)

Spices

- dry basil (1 t)
- cinnamon (3/4 t)

Dairy

- fresh mozzarella balls (1/2 C)
- mozzarella cheese (for pizza)
- {smoked}mozzarella (3 oz)
- halloumi (6 1/4 oz)

Nuts

- almonds (1 C)

Meat

- chicken breast (1)
- prosciutto (topping for pizza)

Bread & Tortillas

- pizza crust/dough (1)(1)
- whole wheat or flour tortillas (8)

Pantry Items

- dijon mustard (1 T)
- balsamic vinegar (1/4 C)
- olive oil (1/3 C) (drizzle) (1/4 C) (1 C, or canola)
- white balsamic vinegar (1/3 C)
- honey (1/2 C)
- mustard powder (1 t)
- poppyseeds (1/2 T)
- sugar (1/4 C)

Extras

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