

RAINBOW eat the rainbow! DELICIOUS

Summer 2015 Week 8

Arugula Salad with Nectarines, Tomatoes and Fresh Mozzarella from Pamela Salzman
Honey Glazed Salmon from Damn Delicious
Sweet Corn and Zucchini Pie from Pinch of Yum
Chicken, Black Bean and Zucchini Enchiladas with Creamy Green Chile Sauce from Taste and Tell Blog
Blackberry Basil Salad from Feasting at Home

Produce

- arugula (10 oz)
- nectarines (2)
- tomatoes (2 large)
- lime (2)(1)
- garlic cloves (2) (2)
- yellow onion (1) (1/2)
- sweet corn (2 ears)
- zucchini (2 large) (1/2 lb)
- mushrooms (8 oz)
- jalapeno (1)
- baby spinach (6-8 oz)
- red onion (1/4 C)
- blackberries (1-2 C)

Herbs

- cilantro leaves (1/4 C +)
- basil (large handful)
- chives (optional 1T)

Spices

- basil (1 T)
- oregano (1 t)
- chili powder (1 3/4 t)
- cumin (1 t)
- cayenne (to taste)

Dairy

- fresh mozzarella (8 oz)
- unsalted butter (6 T)
- butter (4 T) (1 T)
- shredded cheese (12 oz)
- eggs (3-5)
- sour cream (1 C)
- monterey jack cheese (3/4 lb)
- goat cheese (1/3 C)

Nuts

- toasted slivered almonds (1/4 C)

Beans

- black beans (15 oz)

Meat & Fish

- salmon (4 filets)
- chicken breasts (2)

Bread & Tortillas

- flour tortillas (8, 8 inch)

Pantry Items

- white balsamic vinegar (1/4 C)
- olive oil (1/4 C) (2 T) (1/2 T)(1/4 C)
- flaky sea salt (pinch)
- balsamic vinegar (drizzle)(1/8 C)
- flour (4 T)(1 T)
- honey (5 T) (1 T)
- dijon (1 T)
- vegetable stock (1 C)
- fire roasted green chiles (4 oz)