

RAINBOW

eat the rainbow!

DELICIOUS

Produce

- white onion (1/2 C) (1 small)
- grape tomatoes (1 package)
- garlic cloves (2-3) (4) (2) (4) (2)
- ginger root (2 inches)
- carrot (1 large)
- red bell pepper (1)
- green onions (3) (2)
- lime (1)
- broccoli crowns (1 lb)
- asparagus (1 1/2 lb)
- button mushrooms (4 oz) (8 oz)
- frozen peas (3/4 C)
- lemon (1)
- shiitake mushrooms (4 oz)
- kale (3 C)

Herbs

- fresh basil (1 small bunch)
- cilantro (garnish)
- sage leaves (4)
- prasley (garnish) (1/2 C)

Spices

- red pepper flakes (1/2 t) (1/4 t)
- nutmeg (pinch)
- ginger (2 t)

Dairy

- fresh mozzarella (1 1/2 C)
- unsalted butter (4 T)
- cream cheese (4 oz)
- heavy cream (2 C) (1/4 C)
- parmesan (1 C) (2 T)
- gorgonzola (1/2 C)

Pasta & Grains

- dry pasta (2 1/2 C)
- linguine (12 oz) (8 oz)
- fettuccine (1 lb)

Meat

- flank steak (1 lb)

One Pot Wonder Pastas

One Pan Caprese Pasta from Yellow Bliss Road

One Pot Wonder Thai Style Peanut Pasta Recipe from Aprong Strings Blog

One Pan Baked Champagne Cream Sauce Fettuccine with Truffle Oil from Half Baked Harvest

One Pot Pasta Primavera from Oh My Veggies

Ginger Beef, Mushroom and Kale Stir Fry from Gimme Some Oven

Nuts

- salted roasted peanuts (1 C)
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Pantry Items

- olive oil (1 T) (2 T) (2 T)
- balsamic vinegar (2 T)
- brown sugar (1 T)
- tamarind paste (1 T)
- soy sace (1 T)
- peanut butter (2 T)
- champagne or broth (1 1/2 C)
- truffle oil (2 T)
- broth (4 C) (1/2 C)
- soy sace (1/3 C)
- rice wine vinegar (3 T)
- corn starch (2 T)

Extras

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