



## Veggies Save the Day Recipes

Avocado Basil Pesto Pasta

Rainbow Confetti Quinoa Salad

Italian Chopped Salad

Chickpea Guacamole Tacos

Cilantro Lime Rice and Black Beans

### Produce

- garlic clove (1) (2)
- avocado (1)
- lemon juice (1 T)
- cherry tomatoes (1 C) (1 C)
- red bell pepper (1 C)
- carrots (1 C)
- purple cabbage (1 C)
- green onions (1/2 C)
- lime (3 T juice) (wedges optional garnish) (2 T juice)
- romaine lettuce (1 bunch)
- pepperoncini (garnish)
- guacamole (1-2 batches)
- red onion (1 small)
- jalapeno (1)

### Herbs

- fresh basil (1 C)
- cilantro (optional topping) (handful)

### Spices

- ground cumin (1/2 t) (1/4 t) (1 t)
- cayenne (pinch)
- Italian seasoning (1 t)
- dry mustard (1/4 t)
- garlic powder (1/4 t)
- chili powder (1/4 t)
- oregano (1/4 t)

### Pasta, Seeds & Grains

- pasta, gluten free (12-16 oz)
- hemp seeds (1 T)
- quinoa (1 C)
- long grain white rice (1 1/2 C)

### Beans

- chickpeas (1 can) (1 can)
- black beans (1 can)

### Tortillas

- corn tortillas (4 +)

### Pantry Items

- Nutritional yeast (1 T)
- olive oil (1 T) (1/2 C) (1 T) (2 T)
- pure maple syrup (1 T)
- red wine vinegar (1/4 C)
- black olives (1 can)
- hot sauce (optional topping)
- vegetable broth (3 C)