

# Tastes Better *from* SCRATCH

Monday: <a href="#">Slow Cooker Three Cheese Ziti</a> \$10.23	<u>Produce</u> Garlic (8 cloves) Fresh Basil Leaves (12) Parsley, Flat Leaf ( 1/3 cup) Red Cabbage (3/4 cup) Carrots (2) Snap Peas (2/3 cup) Red Bell Pepper (1/2) Romaine Lettuce Leaves (5) Tomato (1) Onion (1/4 cup) Spinach Leaves (1 cup) Cherry Tomatoes (1 ½ cups) Green Onions (5) Cilantro (1/4 cup) Avocados (2) Limes (2) Mushrooms (1/2 cup)	<u>Other</u> Cashews (2/3 cups) Creamy Vinaigrette Dressing (1/3 cup) Dough Large Pizza (1) Quinoa (1 cup)	<u>Spices</u> Crushed Red Pepper Flakes Salt and Pepper Cumin
Tuesday: <a href="#">Penne Arrabbiata</a> \$4.02			<u>Refrigerated</u> Cream Cheese (4 oz.) Sour Cream (¼ cup) Ricotta (½ cup) Parmesan Cheese (2 ½ cups) Mozzarella, Shredded (2 cups) Butter (2 Tbs.) Milk (1 ¼ cup)
Wednesday: <a href="#">Cashew Crunch Wraps (no chicken)</a> \$11.41		<u>Canned Goods</u> Marinara Pasta Sauce (2-24 oz. jars) Tomato Sauce (16 oz.) Whole Peeled Tomatoes (28 oz. can) Tomato Paste (2 Tbs.) Artichoke Hearts (1/2 cup) Black Beans (15 oz. can)	
Thursday: <a href="#">White Garlic Vegetable Pizza (no chicken)</a> \$7.51			
Friday: <a href="#">Southwest Quinoa Salad</a> \$8.45			

**Weekly Total- \$41.62**