

Tastes Better *from* SCRATCH

Monday: Chicken Chimichangas	<u>Pantry Staples</u> Oil (3 Tbs.) Olive oil (5 Tbs.) Rice vinegar (2 Tbs.) Sugar (1 tsp)	<u>Refrigerated</u> Shredded cheese (cheddar or Mexican blend – 1 cup) Mozzarella cheese (8 slices) Cheddar cheese (8 slices) Refrigerated three cheese tortellini (20 oz. pkg) Plain Greek yogurt (1 cup) Parmesan cheese (1 cup shredded) Butter (5 Tbs.) Egg (1) Cottage cheese (1 cup)	<u>Bread/Grains</u> Burrito size flour tortillas (6) Pita or flatbread (6) Spaghetti noodles (8 oz) Crusty artisan bread (8 slices)
Tuesday: Southwest Tortellini Pasta Salad	<u>Meat</u> Cooked chicken (2 cups) Chicken breasts (2 lbs.)		<u>Spices</u> Cumin Dry oregano leaves Chili powder Salt and pepper Paprika (smoked or regular) Ground turmeric Ground coriander Onion powder Cinnamon Crushed red pepper flakes
Wednesday: Chicken Gyros	<u>Produce</u> Green onions (2) Corn (1 cup fresh, frozen, or canned) Red bell pepper (1) Avocado (1) Cherry tomatoes (1 ½ cups, plus more for serving in gyros) Red onion (1/2) Fresh cilantro (1/4 cup) Limes (2) Lemon juice (3 Tbs.) Garlic (4 clove) Iceberg lettuce (for serving in gyros) Cucumber (for serving in gyros) Fresh basil (1/2 cup)	<u>Canned Goods</u> Refried beans (1 can) Black beans (1 can) Spaghetti sauce (12 oz or homemade) Marinara sauce (1 cup or homemade)	
Thursday: Baked Spaghetti Pie			
Friday: Italian Grilled Cheese Sandwich			<u>Other</u> Your favorite salsa (1/2 cup) Salsa, sour cream, guac. (optional toppings for chimichangas)