

delicious dish

Weeknight Vegetarian, Oct 1, 2020 @5pm
Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
shredded kale and brussels sprout salad with maple cider vinaigrette	1 shallots Garlic 1 bunch of kale 6 oz Brussels sprouts 1 red apple Grated parmigiano reggiano cheese	Apple cider vinegar Dijon mustard Maple syrup Extra virgin olive oil ¼ cup almonds	Shredder on the food processor or knife mixing both	Wash kale Trim ends of Brussel Sprouts
quinoa lentil “meatballs”	2 eggs Small container full fat ricotta Grated parmesan 1 clove garlic Fresh parsley leaves	Quinoa 1 can lentils Tomato paste Panko bread crumbs or gluten free bread crumbs or homemade breadcrumbs Olive oil Pasta or zucchini noodles or carrot noodles	Mixing bowls Sauté pan	Cook quinoa, see directions on recipe Drain and rinse lentils
classic arrabbiata sauce	3 cloves garlic	Olive oil Kosher salt Freshly ground black pepper to taste 1 28oz can San Marzano whole peeled tomatoes Dry white wine	Sauté pan	n/a