

### Shopping List by Recipe: June Week #3

- **Recipe #1:** Eggplant Parmesean (serve over pasta of your choice)
- **Recipe #2:** Chard Risotto
- **Recipe #3:** Falafel (or in the Crockpot) with yogurt-dill sauce and Radish Curry Saute
- **Recipe #4:** Panzanella
- **Recipe #5:** Black Bean Veggie Burgers with Sweet Potato Fries and Salad (homemade or store bought)

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| <b>Recipe #1:</b> Eggplant Parmesean <ul style="list-style-type: none"><li>● 1 large eggplant</li><li>● flour</li><li>● vegetable oil</li><li>● spaghetti sauce</li><li>● parmesan cheese</li><li>● salt and pepper</li><li>● spaghetti or pasta of your choice</li></ul>                                                                                                                                                                                                                                                          | <b>Recipe #2:</b> Chard Risotto <ul style="list-style-type: none"><li>● Vegetable bullion/stock</li><li>● Olive Oil</li><li>● 1 medium onion</li><li>● 2 cloves garlic</li><li>● 2 cups Arborio Rice</li><li>● 1 large bunch swiss chard</li><li>● 1 cup dry white wine</li><li>● 1 oz parmesan cheese</li><li>● Pepper</li></ul> |
| <b>Recipe #3:</b> Falafel with Yogurt-Dill Sauce and Radish Curry Saute <ul style="list-style-type: none"><li>● 1 ¾ cups dried chickpeas</li><li>● Garlic</li><li>● 2 small onions</li><li>● coriander</li><li>● cumin</li><li>● cayenne pepper</li><li>● 1 cup parsley or cilantro</li><li>● one lemon</li><li>● baking soda</li><li>● 1 cup Greek yogurt</li><li>● 1 bunch fresh dill</li><li>● 1 bunch radishes</li><li>● tumeric</li><li>● mustard seeds</li><li>● green chilis (optional)</li><li>● salt and pepper</li></ul> | <b>Recipe #4:</b> Panzanella <ul style="list-style-type: none"><li>● Tomatoes</li><li>● Basil</li><li>● Mozzarella</li><li>● Olive Oil</li><li>● Garlic</li><li>● French or italian bread</li><li>● s</li><li>● s</li><li>● s</li><li>● s</li></ul>                                                                               |
| <b>Recipe #5:</b> Black Bean Veggie Burgers with Sweet Potato Fries                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                   |

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| <ul style="list-style-type: none"> <li>• 1 can black beans</li> <li>• Green bell pepper</li> <li>• onion</li> <li>• garlic</li> <li>• 1 egg</li> <li>• 1 tbsp chili powder</li> <li>• 1 tbsp cumin</li> <li>• thai sweet chili sauce or hot sauce (optional)</li> <li>• ½ cup bread crumbs</li> <li>• OR black bean burgers from the frozen section</li> <li>• 2 medium sweet potatoes</li> <li>• canola oil</li> <li>• cooking spray</li> <li>• salt</li> <li>• OR sweet potato fries from the freezer section</li> </ul> |  |
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### Entire Shopping List: June Week #3

| Produce                                                                                                                                                                                                                                                                                                                                                                                                  | Grains & Legumes                                                                                                                                                                                                                                                                                                                    |
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| <ul style="list-style-type: none"> <li>• 2-3 bulbs garlic</li> <li>• 5 onions (small or medium)</li> <li>• green bell pepper</li> <li>• tomatoes</li> <li>• basil</li> <li>• dill (can also use dried)</li> <li>• 1 bunch radishes</li> <li>• 1 large eggplant s (#2)</li> <li>• lemon</li> <li>• 1 large bunch swiss chard</li> <li>• 1 medium sweet potatoes</li> <li>• parsley or cilantro</li> </ul> | <ul style="list-style-type: none"> <li>• 1 can black beans</li> <li>• 1 3/4 cups dried chickpeas</li> <li>• Arborio Rice</li> <li>• Italian or French bread</li> <li>• breadcrumbs</li> <li>• flour</li> <li>• spaghetti or pasta of your choice</li> <li>• s (#2)</li> <li>• s (#2)</li> <li>• s (#2)</li> <li>• s (#4)</li> </ul> |
| Dairy                                                                                                                                                                                                                                                                                                                                                                                                    | Canned Goods                                                                                                                                                                                                                                                                                                                        |
| <ul style="list-style-type: none"> <li>• greek yogurt</li> <li>• eggs</li> <li>• mozzarella</li> <li>• parmesan</li> </ul>                                                                                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>• 1 can black beans</li> <li>• spaghetti sauce</li> </ul>                                                                                                                                                                                                                                    |

| Frozen Goods                                                                                                                                                         | Miscellaneous                                                                                                                                                                                                                                                                                                                                     |
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| <ul style="list-style-type: none"> <li>• black bean burgers if you do not want to make them</li> <li>• sweet potato fries if you do not want to make them</li> </ul> | <ul style="list-style-type: none"> <li>• cumin</li> <li>• chili powder</li> <li>• thai chili/hot sauce (optional)</li> <li>• Vegetable bullion</li> <li>• baking soda</li> <li>• salt and pepper</li> <li>• tumeric</li> <li>• mustard seeds (optional)</li> <li>• vegetable/canola oil</li> <li>• coriander</li> <li>• cayenne pepper</li> </ul> |