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)

Recipe #1: Eggplant Parmesean 1 large eggplant Index logical large eggplant Index logical large eggplant Index logical large eggplant Vegetable oil Index logical large eggplant In	Recipe #2: Chard Risotto Vegetable bullion/stock Olive Oil 1 medium onion 2 cloves garlic 2 cups Arborio Rice 1 large bunch swiss chard 1 cup dry white wine 1 oz parmesean cheese Pepper
Recipe #3: Falafel with Yogurt-Dill Sauce and Radish Curry Saute 1 3/4 cups dried chickpeas Garlic 2 small onions coriander cumin cayenne pepper 1 cup parsley or cilantro one lemon baking soda 1 cup Greek yogurt 1 bunch fresh dill 1 bunch radishes tumeric mustard seeds green chilis (optional) salt and pepper	Recipe #4: Panzanella
Recipe #5: Black Bean Veggie Burgers with Sweet Potato Fries	

 1 can black beans Green bell pepper onion garlic 1 egg 1 tbsp chili powder 1 tbsp cumin thai sweet chili sauce or hot sauce (optional) ½ cup bread crumbs OR black bean burgers from the frozen section 2 medium sweet potatoes canola oil cooking spray 	
 OR black bean burgers from the frozen section 2 medium sweet potatoes canola oil 	
 salt OR sweet potato fries from the freezer section 	

Entire Shopping List: June Week #3

Produce	Grains & Legumes
 2-3 bulbs garlic 5 onions (small or medium) green bell pepper tomatoes basil dill (can also use dried) 1 bunch radishes 1 large eggplant s (#2) lemon 1 large bunch swiss chard 1 medium sweet potatoes parsley or cilantro 	 1 can black beans 1 3/4 cups dried chickpeas Arborio Rice Italian or French bread breadcrumbs flour spaghetti or pasta of your choice s (#2) s (#2) s (#2) s (#4)
Dairy	Canned Goods
 greek yogurt eggs mozzerella parmesean	1 can black beansspaghetti sauce

Frozen Goods	Miscellaneous
 black bean burgers if you do not want to make them sweet potato fries if you do not want to make them 	 cumin chili powder thai chili/hot sauce (optional) Vegetable bullion baking soda salt and pepper tumeric mustard seeds (optional) vegetable/canola oil coriander cayenne pepper