

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 • flour • vegetable oil • spaghetti sauce • parmesan cheese • salt and pepper • spaghetti or pasta of your choice	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 parmesan cheese • Pepper
Recipe #3: Falafel with Yogurt-Dill Sauce and Radish Curry Saute • 1 ¾ 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 • Tomatoes • Basil • Mozzarella • Olive Oil • Garlic • French or italian bread • s • s • s • s
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 • salt • OR sweet potato fries from the freezer section	
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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 • mozzarella • parmesan	• 1 can black beans • spaghetti 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