

Shopping List by Recipe: February Week #1

Recipe #1: Broccoli & Noodles • 1 lb frozen bag broccoli florets • 1 lb noodles • 5 reg size garlic cloves • ¼ c Olive oil • ¾ C Italian cheese • Salt • Pepper	Recipe #2: Orecchiette with Broccoli Rabe & Chickpeas • 4 ounce(s) (about 1 1/2 cups) whole-wheat orecchiette or chioccioline • 1/2 bunch(es) broccoli rabe, ends trimmed and cut into 2-inch pieces • 3/4 cup(s) vegetarian chicken-flavored broth • 2 teaspoon(s) all-purpose flour • 1 tablespoon(s) extra-virgin olive oil • 4 clove(s) (large) garlic, minced • 1/2 teaspoon(s) minced fresh rosemary or 1/8 teaspoon dried • 1 can(s) (8-ounce) chickpeas, drained and rinsed • 2 teaspoon(s) red-wine vinegar • 1/8 teaspoon(s) salt • 1/4 teaspoon(s) freshly ground pepper
Recipe #3: Creamed Avocado & Lime Chilled Pasta • 1 1/2cup dry shell pasta or short pasta of your choice • 1 ripe avocado • handful of cilantro, roughly chopped • 1 1/2Tbsp lime juice • 3Tbsp mayonnaise • 1tsp garlic paste • salt & pepper • chopped cilantro and/or jalapeno for garnish	Recipe #4: Guacamole Wrap • 4 ripe Avocados, peeled & diced • 2 Roma Tomatoes, diced • 1 small Onion, diced • 1/2 a Lemon • Garlic Salt • Salt • Pepper • 6 spinach flavored tortilla wraps or flour tortillas • 1/2 cup lettuce, shredded • 1 cup shredded monterey jack cheese • 1/2 cup jicama, peeled and cut into thin strips • 3/4 cup alfalfa sprouts • 1/4 cup fresh cilantro, chopped • 1 jalapeno pepper, seeded and chopped • 2 scallions, chopped • 1/4 cup black olives, chopped • 1 1/2 cup picante sauce

Recipe #5: Hungarian Cabbage & Noodles • 1 large cabbage • 1 medium-sized yellow onion • 1 teaspoon salt • 3 tablespoons vegetable oil • 1 tablespoon granulated sugar • 1 teaspoon freshly ground pepper • 12 ounces egg noodles • 1 tablespoon poppy seeds	

Entire Shopping List: February Week #1

Produce	Grains & Legumes
• 5 reg size garlic cloves (#1) • 1/2 bunch(es) broccoli rabe, ends trimmed and cut into 2-inch pieces (#2) • 4 clove(s) (large) garlic, minced (#2) • 1/2 teaspoon(s) minced fresh rosemary or 1/8 teaspoon dried (#2) • 1 ripe avocado (#3) • handful of cilantro, roughly chopped (#3) • 1 1/2Tbsp lime juice (#3) • chopped cilantro and/or jalapeno for garnish (#3) • 4 ripe Avocados (#4) • 2 Roma Tomatoes (#4) • 1 small Onion (#4) • 1/2 a Lemon (#4) • 1/2 cup lettuce (#4) • 1/2 cup jicama (#4) • 3/4 cup alfalfa sprouts (#4) • 1/4 cup fresh cilantro (#4) • 1 jalapeno pepper (#4) • 2 scallions (#4) • 1 large cabbage (#5) • 1 medium-sized yellow onion (#5)	• 1 lb noodles (#1) • 4 ounce(s) (about 1 1/2 cups) whole-wheat orecchiette or chioccioline (#2) • 1 1/2cup dry shell pasta or short pasta of your choice (#3) • 12 ounces egg noodles (#5)
Dairy	Canned Goods
• 3/4 C Italian cheese (#1) • 1 cup shredded monterey jack cheese (#4)	• 3/4 cup(s) vegetarian chicken-flavored broth (#2) • 1 can(s) (8-ounce) chickpeas, drained and rinsed (#2) • 1/4 cup black olives (#4) • 1 1/2 cup picante sauce (#4)
Frozen Goods	Miscellaneous
• 1 lb frozen bag broccoli florets (#1)	• 1/4 c Olive oil (#1) • Salt (#1) • Pepper (#1) • 2 teaspoon(s) all-purpose flour (#2) • 1 tablespoon(s) extra-virgin olive oil

	(#2) • 2 teaspoon(s) red-wine vinegar (#2) • Salt (#2) • Pepper (#2) • 3Tbsp mayonnaise (#3) • 1tsp garlic paste (#3) • Salt (#3) • Pepper (#3) • Garlic Salt (#4) • Salt (#4) • Pepper (#4) • 6 spinach flavored tortilla wraps or flour tortillas (#4) • Salt (#5) • 3 tablespoons vegetable oil (#5) • 1 tablespoon granulated sugar (#5) • 1 teaspoon freshly ground pepper (#5) • 1 tablespoon poppy seeds (#5)
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