

VEGETARIAN



Black Rice Salad

and

Rustic Lasagna Soup

Produce

Carrots, shredded, 12 ounces (2 cups)
Cherry tomatoes, 4 pounds
Garlic, 7 cloves
Lemon, 1
Mint leaves, ¼ cup
Onion, yellow, 1 small
Parsley, ¾
Pomegranate seeds (optional), ½ cup

Dairy/Refrigerated

Mozzarella cheese, shredded, 4 ounces (1 cup)
Parmesan cheese, grated, 2 ounces (½ cup)
Ricotta cheese, 8 ounces

Pantry

Broth, vegetable, 32 fluid ounces (4 cups)
Lasagna noodles, dried, 9 ounces
Olives, black, sun-dried, pitted, 1 cup
Olive oil, extra-virgin, 2.5 fluid ounces (¼ cup, plus 1 tablespoon)
Red wine, 4 fluid ounces (½ cup) *may substitute 2 tablespoons balsamic vinegar
Rice, black, uncooked, 6.3 ounces (1 cup)
Tomato paste, 6 ounces

Seasonings

Italian seasoning, 2 tablespoons