

VEGETARIAN



Caramelized Onion Lentil with Tomato Salad

and

“Chorizo” Stuffed Mushrooms with Avocado Sauce

Produce

Avocado, 1 small
Cilantro, ½ bunch
Cucumber, 1
Dill, 2 tablespoons
Lemons, 3
Limes, 2
Mushrooms, portobello, 6
Onions, yellow, 3 medium
Parsley, ¼ bunch
Tomatoes, 2

Dairy/Refrigerated

Eggs, 6 large
Greek yogurt, plain, 8 ounces (1 cup)

Pantry

Lentils, brown, dried, 7.4 ounces (1 ½ cups)
Olive oil, extra-virgin, 4.7 fluid ounces (½ cup,
plus 1 tablespoon, plus 1 teaspoon)
Rice, wild, uncooked, 9.5 ounces (1 ½ cups)
Tart cherries, dried, 2.8 ounces (½ cup), plus
more for garnish
Vinegar, apple cider, 2 tablespoons

Seasonings

Ancho chile powder, 1 teaspoon
Cayenne pepper (optional), ¼ teaspoon
Cinnamon, ground, ¼ teaspoon
Coriander, ground, 1 teaspoon
Cumin, ground, 1 ½ teaspoons
Garlic powder, ½ teaspoon
Oregano, dried, ½ teaspoon
Paprika, 2 teaspoons