

VEGETARIAN



Veggie Buddha Bowl

and

Smoked Gouda Bello Burger with Baked Butternut Squash Tots

Produce

Avocados, 2
Cabbage, purple, ¼ head
Lemons, 3
Lime, 1
Mango, 1
Mushrooms, portobello, 4 large
Squash, butternut, 1 large (3 ½ pounds)

Dairy/Refrigerated

Gouda cheese, smoked, 4 slice
Parmesan cheese, grated, 4 ounces (1 cup)

Pantry

Bread crumbs, panko, 3.2 ounces (1 ½ cups)
Mayonnaise, 3.2 ounces (¼ cup, plus 2
tablespoons)
Hamburger buns, 4
Olive oil, extra-virgin, 2 fluid ounces (¼ cups)
Quinoa, white, uncooked, 6.3 ounces (1 cup)

Seasonings

Sesame seeds, black, 1 tablespoon
Chipotle chile powder, 1 teaspoon
Turmeric, ground, 1 tablespoon