**Pasta Prima Vera Aglio e Oglio**

**Produce**

1 head garlic

one bunch green onions

red or green leaf lettuce (if needed)

cucumber (if needed)

1 green pepper

1 red bell pepper

6 oz. broccoli

one 6  inch zucchini

1 large carrot    
  
6 medium mushrooms

cherry tomatoes(if needed)

**Canned/Dried Foods**

whole wheat penne pasta

one 15 oz. can garbanzo beans

good olive oil (if needed)

red pepper flakes(if needed)

**Frozen Foods**

frozen peas (if needed)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan (if needed)