**Whole Wheat Penne Pasta with Old-world Marinara Sauce  
Produce**

garlic (if needed)

yellow onion (if needed)

red or green leaf lettuce (if needed)

cucumber (if needed)

one 8 inch zucchini

4 oz. crimini mushrooms

cherry tomatoes (if needed)

**Canned/Dried Foods**

dry whole-wheat penne pasta

one 15 oz. can of no salt chunky tomato sauce

one 15 oz. can regular tomato sauce

one 15 oz. can Great Northern beans (if no leftover cooked beans)

extra-virgin olive oil *(if needed)*

Tabasco sauce (if needed)

dry basil leaves (if needed)

dry oregano leaves (if needed)

red wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan (if needed)