**Pasta Puttanesca**

**Produce**

sweet onion (if needed)

1 head red or green leaf lettuce

fresh dill weed

1 cucumber

10 crimini mushrooms

1 pint cherry tomatoes

**Canned/Dried Foods**

ww, brown rice or quinoa penne pasta

one 15 oz. can white navy beans

two 15 oz. cans no salt chopped tomatoes

two 15 oz. cans tomato sauce

rice wine vinegar (if needed)

pitted Calamatta olives (if needed)

capers (if needed)

cayenne pepper (if needed)

1 liter of red wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

shredded Parmesan cheese (if needed)