

SHOPPING LIST

CHECK YOUR PANTRY

- Vegetable oil spray
- Salt
- Sugar
- Extra-virgin olive oil
- Vegetable oil

These common items are used in many recipes.

RAINBOW GRAIN BOWLS

- 1¾ cups short-grain brown rice
- 1 (15-ounce) can chickpeas or white beans
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon honey
- ½ teaspoon ground turmeric
- ¼ teaspoon ground ginger
- 1½ cups (9 ounces) cherry tomatoes
- 2 carrots
- 1 avocado
- 1 lime
- 1 recipe Quick Pickled Cabbage (see Quick Pickled Vegetables recipe card)

SIZZLING BEEF LETTUCE WRAPS

- 3 tablespoons low-sodium soy sauce
- 2 tablespoons packed brown sugar
- 1 tablespoon toasted sesame oil
- 1 to 2 teaspoons sriracha sauce
- ¼ teaspoon baking soda
- ¼ cup mayonnaise
- 1 pound 85 percent lean ground beef
- 1 head Bibb lettuce (8 ounces)
- ½ cup fresh cilantro leaves
- 4 scallions
- 4 garlic cloves
- 1 recipe Quick Pickled Cucumbers (see Quick Pickled Vegetables recipe card)

BASIL PESTO

- ¼ cup pine nuts
- ¼ cup grated Parmesan cheese (½ ounce)
- 2 cups fresh basil leaves
- 1 garlic clove

Use the seeds included in this box to grow your own basil and cilantro plants!


QUICK PICKLED VEGETABLES

- 1 cup (8 ounces) unseasoned rice vinegar
- 4 Persian cucumbers and/or ½ small head red cabbage

CARROT SNACK CAKE

- 1¼ cups (6¼ ounces) all-purpose flour
- ¼ cup packed (1¾ ounces) light brown sugar
- 1 teaspoon vanilla extract
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 2 large eggs
- 8 ounces carrots (about 3 medium)

REGROW YOUR VEGETABLES

- Scallions 

Don't buy scallions for this activity. Use any leftover white and light green parts.

TASTE (TEST) THE RAINBOW

- 1 green bell pepper
- 1 red bell pepper