**Quinoa Pasta with Italian Sausage and Spinach**

**Produce**

garlic (if needed)

yellow onion (if needed)

red or green leaf lettuce (if needed)

1 bag baby spinach

cucumber (if needed)

one 9 oz. package crimini mushrooms

cherry tomatoes (if needed)

**Canned/Dried Foods**

Quinoa or brown rice spiral pasta

one 15 oz. can of no salt tomato sauce

one 15 oz. can regular tomato sauce

pitted Kalamata olives (if needed)

dry basil leaves (if needed)

dry oregano leaves (if needed)

Tabasco sauce (if needed)

red wine to cook with (if needed)

**Meat/Fish/Poultry**

1 turkey Italian sausage (if eating meat)

**Chilled Foods/Dairy**

shredded Parmesan (if needed)  
  
Field Roast Apple Sausage (if meatless)