**Monday, Pasta with Scallops and Seared Fennel**

**Produce**

garlic (if needed)

1 bunch green onions

red or green leaf lettuce(if needed) curly parsley (if needed)

fresh sage leaves

1 fennel bulb

cucumber(if needed)

cherry tomatoes(if needed)  
  
1 lemon

**Canned/Dried Foods**

brown rice dry spiral pasta

low-sodium vegetable broth (if needed)

good olive oil(if needed)

rice wine vinegar(if needed)

Dijon mustard (if needed)

honey(if needed)

red pepper flakes(if needed)

white wine to cook with (if needed)

**Frozen Foods**

Frozen peas *(if needed)*1 package frozen small scallops *(if no fresh available)*

**Meat/fish/Poultry**

8 oz. fresh, small scallops

**Chilled Foods/Dairy**

shredded Parmesan cheese(if needed)