**Sunday, Smoked Salmon Pasta with Snow Peas**

**Produce**

 garlic (if needed)

yellow onion *(if needed)*

1 head red or green leaf lettuce (if needed)

1 bunch fresh basil

1 cucumber

9 oz. fresh snow peas (use frozen if no fresh available)

8-10 Crimini mushrooms

3 Roma tomatoes

1 pint cherry tomatoes

one fourth cup pine nuts

**Canned/Dried Foods**

8 oz. whole wheat or brown rice penne pasta

one 32 oz. box low-sodium vegetable broth

good extra-virgin olive oil (if needed)

cornstarch(if needed)

White wine to cook with (if needed)

**Frozen foods**

1 package frozen snow peas (if no fresh are available)

**Meat/Fish/Poultry**

4-6 oz. smoked salmon(you may find it in chilled foods)

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

shredded Parmesan cheese (if needed)

one 16 oz. package ultra-firm tofu

4-6 oz. smoked salmon