**Salmon With Pear Salsa and Quinoa Patties**

**Produce**  
1 ripe Bartlett pear

yellow onion *(if needed)*

garlic *(if needed)*

1 fennel bulb

1 bunch fresh cilantro leaves

1 medium potato (about 6 oz.)

1 bag of fresh arugula

14 oz. fresh tomato

1 Anaheim pepper

1 jalapeno pepper

1 lime

1 lemon

**Canned/Dried Foods**  
honey*(if needed)*

balsamic vinegar*(if needed)*

sesame oil*(if needed)*

low sodium soy sauce *(if needed)*

quinoa *(if needed)*

couscous *(if needed)*

Not Chick’n Bouillon Cubes *(if needed)*

one 15 oz. can no-salt diced tomatoes

**Frozen Foods**

None today

**Meat/Fish/Poultry**

1 lb. salmon filets

**Chilled Foods/Dairy**