**Pasta with Italian Sausage**

**Produce**

1 head green or red leaf lettuce

1 pint cherry tomatoes

1 cucumber

6 oz. crimini mushrooms

1 yellow onion

garlic (if needed)

**Canned/Dried Food**

two 15 oz. can tom sauce

two 15 oz. can no salt tom sauce

red wine to cook with (if needed)

ground fennel seed (if needed)

one package whole wheat dry penne pasta

**Frozen Foods**

Plant-based Italian sausage of choice *(if eating plant-based)*

**Meat/Fish/Poultry**

**Italian sausage of choice *(if eating meat)***

**Chilled Foods/Dairy**

shredded Parmesan (if needed)