**Pasta Puttanesca**

**Produce**  
garlic (if needed)

1 yellow onion (if needed)

1 head red or green leaf lettuce

1 bunch fresh basil leaves

1 cucumber

1 green bell pepper  
  
1 red bell pepper

6 cremini mushrooms

2 Roma tomatoes

**Canned/Dried Foods**  
dry penne pasta of choice *(if needed)*

low sodium veggie broth *(if needed)*

good extra-virgin olive oil(if needed)

one 15 oz. can tomato sauce

one 15 oz. can no salt chopped tomatoes

balsamic vinegar(if needed)

pitted Kalamatta olives (if needed)

capers (if needed)

Dijon Mustard (if needed)

Tabasco sauce (if needed)   
  
dry basil leaves  (if needed)

dry oregano leaves (if needed)  
  
red wine to cook with (if needed)

**Frozen Foods   
Plant-based Beyond Meat Italian Sausage *or equivalent product***

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**  
shredded Parmesan (if needed)