**Pasta Puttanesca**

**Produce**

sweet onion (if needed)

1 head red or green leaf lettuce

fresh dill

1 cucumber

10 cremini mushrooms

1 pint cherry tomatoes

**Canned/Dried Foods**

penne pasta of choice

one 15 oz. can white navy beans

one 15 oz. can no salt diced tomatoes

one 15 oz. can tomato sauce

rice wine vinegar (if needed)

pitted Calamatta olives (if needed)

capers (if needed)

cayenne pepper (if needed)

red wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

shredded Parmesan cheese (if needed)