**Ravioli with Spinach and Mushrooms**

**Produce**

garlic (if needed)

yellow or sweet onion (if needed)

leaf lettuce (if needed)

1 package baby spinach

cucumber (if needed)

8 crimini mushrooms

2 Roma tomatoes

**Canned/Dried Foods**

low sodium vegetable broth(if needed)

good extra-virgin olive oil *(if needed)*

balsamic vinegar *(if needed)*

cornstarch (if needed)

Tabasco sauce (if needed)

dry oregano leaves *(if needed)*

white wine to cook with(if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

Gorgonzola or blue cheese(if needed)

shredded Parmesan cheese(if needed)

one 9 oz. package fresh cheese tortellini