**Salad Night**

**Produce**

garlic (if needed)

1 Walla Walla sweet onion

Napa cabbage (if needed)

1 med. cucumber

4 new carrots

8-10 red potatoes

3 Avocados

3 Roma tomatoes

1 quart fresh strawberries

**Canned/Dried Foods**

good olive oil (if needed)

low sodium soy sauce (if needed)

rice wine vinegar (if needed)

balsamic vinegar (if needed)

Asian garlic pepper sauce (if needed)

granulated sugar (if needed)

white wine to cook with (if needed)

**Frozen Foods**

frozen nonfat or low fat vanilla yogurt

**Meat/Fish/Poultry**

one 8 oz. piece smoked salmon

**Chilled Foods/Dairy**

A small block of Pecorino, Romano or Parmesan cheese

smoky tempeh