**Summer Salad Sampler**  
**Produce**garlic (if needed)

1 sweet onion

1 head Romaine lettuce

1 bunch fresh basil leaves

1 bunch green onions

1 bunch cilantro

curly parsley

1 Anaheim pepper

1 jalapeno pepper

1 red bell pepper –

3 avocados

2 slicing tomatoes

3 limes

2 lemons

2 ripe peaches

1 quart strawberries

1 pint blueberries

**Canned/Dried Foods**8 oz. wheatberries or farro  
  
canola oil (if needed)  
one 15 oz. can garbanzo beans  
one 32 oz. box low-sodium vegetable broth  
chunky peanut butter (if needed)  
honey (if needed)  
vanilla extract (if needed)

**Frozen Foods**  
frozen corn (if needed)  
 **Meat/Fish/Poultry**

**Chilled Foods**plain, nonfat yogurt (if needed)  
1 small block Pecorino or Parmesan cheese

**Additional Items**  
1 small baguette or whole-wheat pita bread