**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