**Sun-dried Tomato Cilantro Pesto Pasta**

**Produce**

garlic (if needed)

1 head red or green leaf lettuce

1 bunch fresh cilantro

1 cucumber

6 oz. sliced mushrooms

3-4 medium-sized beets

1 pint cherry tomatoes

1 lime

**Canned/Dried Foods**

8 oz. dried whole wheat penne pasta

one 32 oz. box low-sodium vegetable broth (if needed)

good, extra-virgin olive oil (if needed)

sesame oil (if needed)

1 package (3 oz.) sun-dried tomatoes

6 oz. peanuts (if needed)

white wine to cook with (if needed)

**Frozen Foods**

Plant-based Chik’n Strips of choice (if eating meatless)

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast (if eating meat)

**Chilled/Foods/Dairy**

shredded Parmesan (if needed)