**Tortellini, Basil Hummus and Arugula**

**Produce**

garlic (if needed)

1 white or yellow onion

1 bag fresh arugula

1 bunch fresh basil

1 bunch fresh parsley

1 golden bell pepper

3 Roma tomatoes

1 lemon

1 lime

**Canned/Dried Foods**

one 15 oz. can garbanzo beans

low-sodium vegetable broth *(if needed)*

chunky peanut butter *(if needed)*

Asian garlic pepper sauce *(if needed)*

rice wine vinegar *(if needed)*

balsamic vinegar *(if needed)*

low-sodium soy sauce *(if needed)*

pitted Calamata olives *(if needed)*

honey *(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

shredded Parmesan cheese (if needed)

one 8 oz. package cheese tortellini