**Produce**

garlic

yellow onion

1 head red or green leaf lettuce

4 oz. fresh basil

1 cucumber

celery

red bell pepper

1 Portobello mushroom

1 large sweet potato

1 medium red potato

1 pint cherry tomatoes

4 oz. pine nuts

**Canned/Dried Foods**

one 15 oz. can tomato sauce

one 15 oz. can no salt chopped tomatoes

low-sodium vegetable broth

balsamic vinegar

pitted Kalamata olives (if needed)

active dry yeast  
  
honey

unbleached flour

red wine to cook with

**Chilled Foods/Dairy**

shredded Parmesan