**Penne Pasta with Sicilian Pesto**

**Produce**

garlic (if needed)

1 red onion

6 cremini mushrooms

1 small zucchini

1 small summer squash

1 red bell pepper

1 bunch fresh basil - 4 oz. -

1 small package fresh marjoram – 1 oz. -

1 head leaf lettuce (if needed)

cucumber (if needed)

cherry tomatoes(if needed)

4 Roma tomatoes

2 oz. slivered almonds

**Canned/Dried Foods**

10 oz. dry whole-wheat penne pasta

low sodium vegetable broth (if needed)

good olive oil(if needed)

white wine to cook with(if needed)

**Frozen Foods**

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

**Meat/Fish/ Poultry**

1 boneless, skinless chicken breast (if eating meat)

**Chilled Foods/Dairy**

shredded Parmesan cheese(if needed)