**Quinoa Cakes with French Lentils**

**Produce**

garlic (if needed)

1 red onion

one bunch green onions

1 head red or green leaf lettuce

1 medium russet potato

1 bunch fresh cilantro (if needed)

fresh basil(if needed)

1 cucumber

celery (if needed)

1 pint cherry tomatoes

1 lemon

2 mandarin oranges

**Canned/Dried Foods**

quinoa (if needed)

12 oz. red lentils

3 oz. sun dried tomatoes

bay leaf (if needed)

white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan cheese(if needed)

crumbled feta cheese *(if needed)*