**Tortellini with Hummus and Arugula**

**Produce**

garlic (if needed)

1 yellow onion

red or green leaf lettuce (if needed)

one bag baby arugula

1 cucumber(if needed)

cherry tomatoes (if needed)

1 large Roma tomato

1 golden bell pepper

**Canned/Dried Foods**

one 15 oz. can garbanzo beans

tahini(if needed)

low sodium veggie broth (if needed)

low sodium soy sauce (if needed)

balsamic vinegar (if needed)

good olive oil (if needed)

honey (if needed)

dry oregano leaves (if needed)

ground cumin (if needed)

**Chilled Foods/Dairy**

shredded Parmesan cheese (if needed)

crumbled feta cheese

9 oz. cheese tortellini

plain, nonfat yogurt