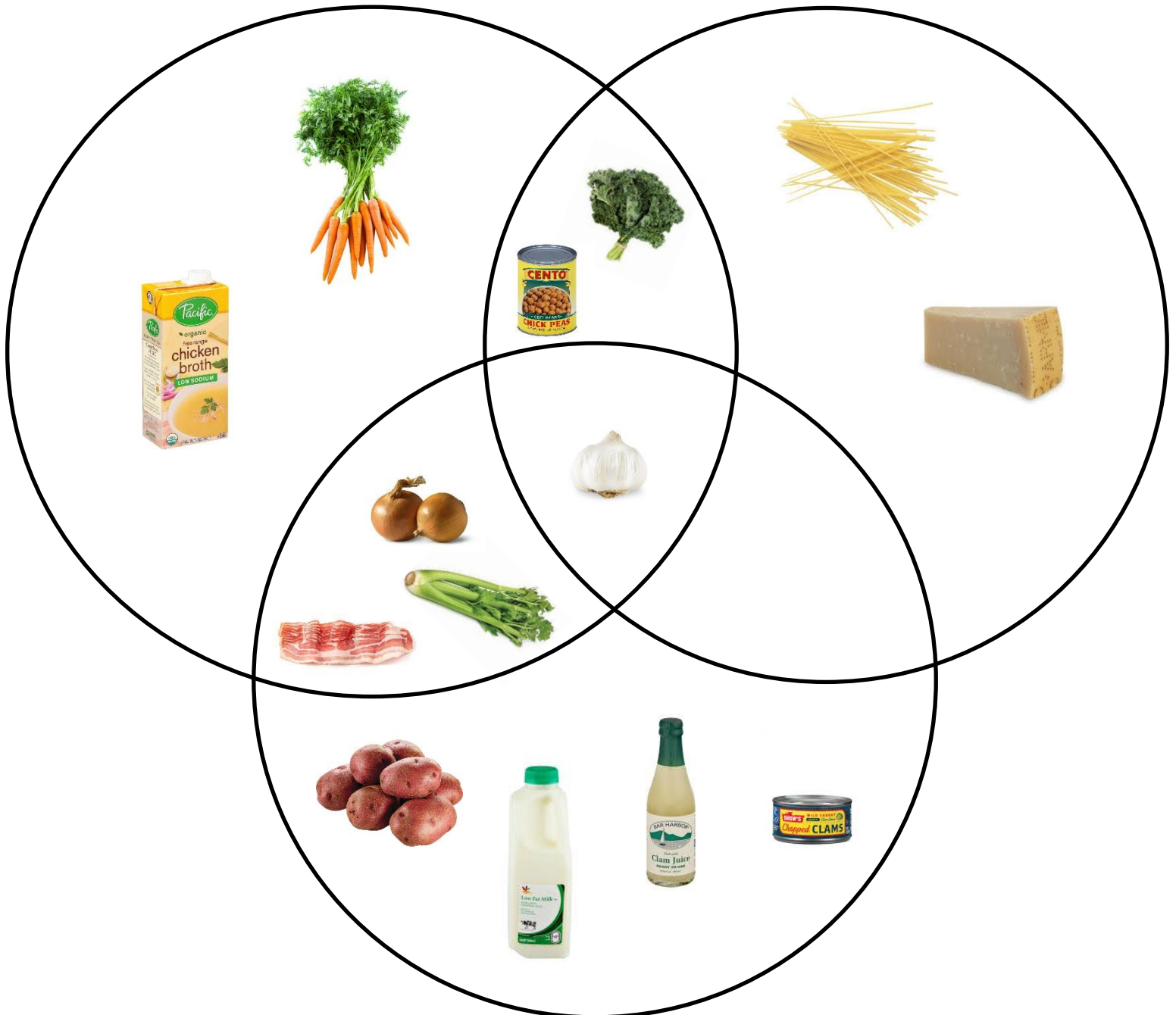


Here are three hearty recipes featuring common ingredients to help with meal planning. The combined grocery list for all recipes can be found on the following page and includes staple items and spices. Each recipe makes four servings – click on recipe links for details.

Greens and Beans

Kale Pesto Pasta



Clam Chowder



3 Recipe Meal Plan

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Grocery List

Produce

- Kale (3 bunches)
- Head of garlic
- Onions (3)
- Celery
- Carrots
- New potatoes (red or yellow)

Other perishables

- Pecorino or parmesan cheese
- Low fat milk
- Bacon

Pantry

- Low sodium chicken or vegetable broth
- Pasta
- Chopped clams (6 cans)
- Clam juice (32 ounces)
- Chickpeas (3 cans)

Staple items

- Olive oil
- Kosher salt
- All purpose flour

Spices

- Chili (red pepper) flakes
- Paprika
- Ground cumin
- Dried thyme
- Bay leaf