**ASPGY Pasta**

**Produce**

garlic(if needed)

yellow onion (if needed)

12 oz. spinach leaves or baby spinach leaves

1 head red or green leaf lettuce

1 cucumber

1 pint cherry tomatoes

1 slicing tomato or two small Roma tomatoes

1 lemon

1 Granny Smith apple

3 oz. pine nuts

**Canned/Dried Foods**

whole wheat or brown rice spiral pasta

low-sodium vegetable broth(if needed)*Or*Edward and Sons *Not Chick’n Bouillon Cubes*

cornstarch(if needed)

dried oregano leaves (if needed)

bay leaf (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

crumbled Gorgonzola or blue cheese *(if needed)*