

This Week's Grocery List

Baking Aisle	1 package active dry yeast flour
Condiments	olive oil
	salt
	1/8 teaspoon crushed red pepper
	Cooking spray
	olive oil
	roasted red peppers
Dairy	1T white balsamic vinegar (we used grapefruit balsamic)
	1 cup (4 ounces) shredded part-skim mozzarella cheese, divided (Could use fresh as well!)
	1/4 cup (2 ounces) part-skim ricotta cheese
	1 large egg, lightly beaten
	grated parmesan
	1 and 1/2 c diced fresh mozzarella
Herbs	2 tablespoons chopped fresh basil
	Oregano
Juice	Orange Juice
Pasta	8 ounces uncooked ziti
Veggies	3 cups any combination of chopped yellow squash, eggplant and zucchini (we used eggplant and zucchini this time)
	1/2 cup chopped onion
	2 cups chopped tomato
	garlic
	9 c spinach