**Mediterranean Tortellini with Hummus and Spinach**

**Produce**

garlic (if needed)

yellow onion(if needed)

1 head red or green leaf lettuce *(if needed)*

1 package baby spinach

1 bunch fresh parsley

1 cucumber *(if needed)*

red bell pepper (if needed)

green bell pepper (if needed)

1 lemon

1 Roma tomato

1 pint cherry tomatoes *(if needed)*

**Canned/Dried Foods**

low sodium vegetable broth (if needed)

olive oil(if needed)

balsamic vinegar *(if needed)*

tahini paste (if needed)

4 pitted Kalamata olives (if needed)

cornstarch(if needed)  
  
dried oregano leaves(if needed)

dried ground cumin(if needed)

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

shredded Parmesan cheese (if needed)

crumbled. feta cheese

8 - 10 oz. fresh cheese tortellini or ravioli