**Tuesday, Mushroom Risotto**

**Produce**

garlic (if needed)

sweet onion (if needed)

1 head red or green leaf lettuce (if needed)

cucumber (if needed)

one 10 oz. bag of crimini mushroom

cherry tomatoes (if needed)

1 tart apple

**Canned/Dried Foods**

Arborio rice (if needed)

one 32 oz. box low sodium vegetable broth

olive oil(if needed)

Tabasco sauce (if needed)white wine to cook with (if needed)

**Frozen foods**:

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan(if needed)  
  
one package smoky tempeh