**Grilled Rockfish with Poke Sauce and Tabbouleh Salad**

**Produce**

garlic (if needed)

1 shallot *(if needed)*

1 bunch green onions

one package fresh mint leaves

1 bunch fresh curly parsley

1 cucumber (if needed)

6 crimini mushrooms

two 6” zucchinis or summer squash

1 pint cherry tomatoes or 1 medium slicing tomato (if needed)

**2 lemons**

**1 nectarine**

**1 piece fresh ginger root**

**Canned/Dried Foods**

1 C bulgur *(if needed)*

¼ C. raw sesame seeds

good olive oil(if needed)

sesame oil *(if needed)*

low sodium vegetable broth (if needed)

**low-sodium soy sauce or tamari *(if needed)***

**Asian garlic chili sauce *(if needed)***

**Frozen Foods**

**Meat/Fish/Poultry**

8-10 oz. fresh rockfish

**Chilled Foods/Dairy**