**Halibut Pasta Marinara**

**Produce**

garlic (if needed)

yellow onion (if needed)

red or green leaf lettuce (if needed)

cucumber (if needed)

 green bell pepper (if needed)

 red bell pepper (if needed)

cherry tomatoes (if needed)

**Canned/Dried Foods**

dry brown rice penne pasta

one 15 oz. can tomato sauce

one 15 oz. can no salt tomato sauce

Dijon mustard (if needed)

white balsamic vinegar (if needed)

capers (if needed)

red wine to cook with (if needed)

**Frozen foods**

**Meat/Fish/Poultry**

Leftover cooked halibut *(fridge at home)*

Leftover, cooked, meatless Italian Sausage *(fridge at home)*

**Chilled Foods/Dairy**

shredded Parmesan *(if needed)*