| produce          | ½ pound fresh asparagus, ends snapped & peeled  
|                 | 1 small onion, diced small  
|                 | 1 ½ cups bell peppers, ½” thick julienne  
|                 | 1 ½ cups summer squash, ½” thick half-moons *(sub zucchini if needed)*  
|                 | 2 tbsp scallion, sliced thinly  
|                 | 8 cloves garlic  
|                 | 2-3 cups fresh basil (2 oz package)  
|                 | 3 small lemons, zested and juiced  
|                 | hidden recipe: 1/2-pound green beans, washed & ends trimmed  
|                 | hidden recipe: 4 oz baby spinach  
|                 | hidden recipe: 1 cup fresh parsley  
|                 | hidden recipe: 1 shallot  
| sundries        | 1 – 6 oz cans tomato paste  
|                 | 1 tsp Italian seasoning  
|                 | ¼ cup walnuts  
|                 | ¼ cup roasted sunflower seeds  
|                 | 2 tbsp nutritional yeast  
|                 | 1 tsp chili flakes  
|                 | 10 oz olive oil  
|                 | 2 ½ cups water  
|                 | Salt & pepper (to taste)  
|                 | 2 tsp sugar  
| Special Equipment | 1 - 12" or larger, skillet/sauté pan (with lid)  
|                  | 1 small sauce pot  
|                  | 1 large cutting board (or two small ones)  
|                  | 1 mini chop food processor or large food processor *for the pesto*  
|                  | 1 large cutting board (or two small ones)  
|                  | 1 rubber spatula  
|                  | 1 pair tongs  
|                  | 1 chef’s knife  
|                  | 3-4 baking sheet pans (to lay your prepped recipes out on, nicely organized)  
|                  | 1 pair tongs  
|                  | 4-5 tasting spoons  
|                  | 3-4 small mixing bowls  
|                  | 3-4 baking sheet pans (to lay your prepped recipes out on, nicely organized)  

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 dinner plates</td>
</tr>
<tr>
<td>1 micrograter or hand cheese grater</td>
</tr>
</tbody>
</table>