



5 Tasty, Terrific, and Super Simple Eats with Organic Greens

Shopping List for All 5 Recipes (assumes you have salt, pepper, butter, and olive oil at home)

	Crispy Chickpea & Radish Salad	Arugula Pesto, Prosciutto & Egg Toast	Tropical Green Smoothie	Little Gems Caesar Salad	Thai Shrimp Lettuce Cups
5 oz Earthbound Farm Organic 50/50 Spinach/Spring Mix	✓				
Earthbound Farm Organic Baby Arugula (2 cups)		✓			
Earthbound Farm Organic Baby Spinach			✓		
Two 5 oz Earthbound Farm Organic Sweet & Crisp Little Gems (or 1 Little Gem and 1 Butter Lettuce)				✓	✓
6 radishes	✓				
1 English Cucumber	✓				
1 large avocado	✓				
2 lemon	✓			✓	
2 limes			✓		✓
Fresh dill	✓				
1 banana			✓		
2 dates			✓		
Fresh garlic (4 cloves or as much as you want. We like lots.)	✓			✓	✓
Fresh green beans (1/4 pound)					✓
Red onion					✓
Lemongrass, 1 stalk					✓
2 Scallions					✓
2 Thai chilis					✓
Fresh mint (1/2 cup)					✓
Fresh cilantro (1 cup)					✓
Frozen pineapple (3/4 cup)			✓		
Frozen mango (1/2 cup)			✓		
Sea salt	✓				
Smoked paprika	✓				
Red pepper flakes		✓			

Worcestershire sauce (1/4 teaspoon)				✓	
Tabasco sauce (1/4 teaspoon)				✓	
Fish sauce (2 tablespoons)					
Rice powder (2 tablespoons)					
Parmesan cheese (1 cup grated)		✓			
Pine nuts (3 tablespoons)		✓			
Sliced Prosciutto (2 slices)		✓			
1 pound raw shrimp					✓
Plain Greek yogurt	✓				
1 Egg		✓			
15 oz can chickpeas	✓				
Honey (if using – 1 tablespoon)					✓
Apple cider vinegar	✓				
Crusty sourdough bread		✓			
12 oz coconut water			✓		
Ground flaxseeds (2 tablespoons)			✓		
Panko bread crumbs (2 cups)				✓	
Anchovy paste (if using – 1 teaspoon)				✓	
Neutral oil (e.g. avocado, grapeseed)					✓