

<b>DP 15 - Mediterranean Chickpea Salad</b>	Canned black olives, pitted 3-6oz.	Feta Cheese, 4 oz.	Low-sodium canned chickpeans, 12-16 oz.	Lemon juice (small jar)	White wine vinegar (small jar)		
<b>DP 16 - Eggplant Parmesan</b>	Canned crushed tomatoes, 14-16 oz.	Tomato paste, 6-8 oz.	Bread crumbs	Shredded Mozzarella, 8 oz.	Minced garlic	Italian seasoning	Whole wheat or whole grain pasta, 12-16 oz box
<b>DP 17 - Pineapple Chicken Fried Rice</b>	Instant brown rice	Frozen pineapple chunks or canned no sugar added pineapple chunks, 10-16 oz,	Frozen peas and carrots, 10-12 oz.	Sesame oil	Hoisin sauce	Cashews	Frozen boneless chicken tenderloins or breast (uncooked), 1-3 lbs.
<b>DP 18 - Microwaved Zucchini/Spinach Italiano Bowl</b>	Shredded Parmesan cheese, 8-16 oz.	Ricotta cheese, 4-8 oz.	Marinara sauce, 16-24 oz.	Lemon pepper seasoning			
<b>DP 19 - White Bean and Tuna Salad</b>	Low-sodium cannellini beans, 14-16 oz.	Canned albacore tuna chunks, 6-8 oz.	Sunflower sees (seeded)	Balsamic vinegar			
<b>DP 20 - Green Chili Burritos</b>	Frozen cooked, peeled, and deveined shrim (medium size), 16-20 oz. bag	Low-sodium black beans	Canned green chilies, 2-4 oz.	Low-sodium canned sweet corn, 14-16 oz.	Shredded mozzarella	Whole grain tortillas	
<b>DP 21 - Spicy Turkey Sausage "Breakfast" Hash</b>	Low-sodium navy beans, 14-16 oz.	Low-sodium chicken broth, 14-16 oz.	Turkey kielbasa sausage, 12-16 oz.	Tomato paste, 6 oz.			
<b>DP 22 - Mandarin Chicken Salad Bagels</b>	Canned chicken, 12-16 oz.	Greek yogurt, 8 oz.	Dijon mustard	Whole grain/wheat bagels	Black pepper	Chopped walnuts, 8 oz.	No sugar added canned mandarin oranges, 12-16 oz.

<b>DP 23 - Harvest Chicken Casserole</b>	Wile rice	Dried cranberries	Low-sodium chicken broth	Sliced almonds			
<b>DP 24 - Microwave Vegetarian Chili</b>	Low-sodium canned corn	Frozen sliced pepper and onion mix	Low-sodium pinto beans	Low-sodium petite cut diced tomatoes	Chili powder	86 percent dark chocolate candy bar	
<b>DP 25 - Chew Oatmeal Raisin Cookies</b>	Raisin and/or dried cranberries	Rolled oats	Whole wheat flour	Unsweetened applesauce	Chopped pecans		
<b>DP 26 - Grits with Bacon and Black-Eyed Peas</b>	Quick grits	Low-sodium canned diced tomatoes	Low-sodium canned black-eyed peas	Frozen collard greens	Turkey bacon		