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DAY 3

Challenge level: GREENEST

Stuffed portobello mushroom, delicata squash and heirloom tomato salad (for 2 people)

The recipe is in the instagram video

<https://www.instagram.com/p/Cx9j-j-tj8L/>

<https://www.instagram.com/p/Cx9mkocte1m/>

- Organic portobello mushroom x2 (\$7.29/lb x 0.38 lbs = \$2.77)
- Organic delicata squash (\$2.29/lb x 0.56 lbs = \$1.28)
- Organic heirloom tomato (\$4.49/lb * 0.56 lbs = \$2.51)
- Organic brown basmati rice (\$3.35/lb * 0.12 lbs = \$0.40)
- Organic grass-fed raw sharp cheddar cheese (\$8.35 x ¼ block = \$2.09)
- Organic salted pistachios (\$6.99/lb x 0.12 lbs = \$0.84)
- Organic basil (free from the community garden)
- Organic sweet potato greens (free from the community garden)
- Organic garlic x 2 cloves (free from the community garden)

Plus:

- A pinch of good salt
- A dab of grass-fed butter
- A drop of organic extra virgin olive oil
- A drop of organic apple cider vinegar

Total = \$9.89 for 2 or \$4.95 per person.

I didn't succeed at keeping the budget under \$4 per person. The mushrooms, tomato and the cheese were the most expensive items. I usually grow my own tomatoes, but currently they are between harvests. In most areas around the US good edible mushrooms can be foraged, further reducing the cost. If those two items could be grown or foraged locally, the cost of this dinner would come down to \$2.31 per person. There are of course, much cheaper cheeses (the Natural Grocers organic house brand is currently \$2.99 on sale), but I really like buying from Organic Valley because they practice regenerative agriculture and they are a coop of small farmers in Wisconsin.

This dinner is 100% organic. Most of the ingredients are fresh (except rice and pistachios). Garlic, basil and sweet potato greens were grown by me at the community garden, so they are local and seasonal. Natural Grocers, where I purchased the rest of the ingredients, only sells 100% organic producing,

preventing contamination by conventional produce. They do a great job at sourcing locally when possible and having seasonal fruits and vegetables. I unfortunately don't shop enough at a local farmers market, because there's almost never any organic produce there, only conventionally grown. One day I'm hoping there will be organic produce.

There was no waste left over from this dinner, only tiny bits of squash skin and pistachio shells. I make sure to compost those in my back yard.

