



Spice it Up

Shopping and Equipment List

Shopping List:

2 Celery stalks
Fresh herbs (mint, cilantro, and/or parsley)
2 Bartlett pears (or canned pears)
1 Medium onion
2 Green onions
1 Zucchini
2 Green bell pepper
1 Lemon
2 Garlic cloves
Cheddar cheese (150 mL, approx. 75 g)
Feta cheese (175 mL, approx. 110 g)
Frozen corn (250 mL, approx. 150 g)
Whole wheat couscous (250 mL)
1-540 mL can lentils
1-540 mL can kidney beans
1-796 mL can tomatoes
Chili powder *
Pepper *
Garlic powder *
Canola oil *
Dried oregano *
Pepper *

Equipment List:

Can opener
Cheese grater
7 Cutting boards
Electric skillet
7 Knives
2 Sets of dry measuring cups
2 Sets of measuring spoons
2 Mixing bowls (large)
2 Mixing bowls (small)
Small plates, bowls and forks for sampling
2 Strainers
2 Teflon spoons
Whisk

* Frequently used ingredients from Staples List

Couscous Salad – makes 16-20 sample size servings

Speedy Meatless Chili – makes 24 sample size servings

Let's Get Cookin'!