



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Online Class 8/29/20: Cooking with Your Mini Chef

Shopping List

Turkey & Zucchini Sliders
Lemony Yogurt Sauce

Chef Katie's Zucchini Bread

✓	Type	Ingredient	Amount	Unit
	Dairy	Eggs, large	4	each
	Dairy	Greek Yogurt, plain, nonfat	2/3	cup
	Dairy	Sour Cream, light	1/2	cup
	Dry	Canola or Vegetable Oil	3/4 + 3	cup/Tbsp
	Dry	Olive Oil	1	Tbsp
	Dry	Sugar, granulated	1	cup
	Dry	Vanilla Extract	1	tsp
	Dry	All Purpose Flour	2	cup
	Dry	Whole Wheat Flour	1/2	cup
	Dry	Baking Soda	2	tsp
	Dry	Baking Powder	1	tsp
	Dry	Walnuts	1	cup
	Produce	Green Onions (Scallions)	3	each
	Produce	Zucchini, medium	2-3	each
	Produce	Mint	2	Tbsp
	Produce	Cilantro	2	Tbsp
	Produce	Garlic cloves	3	each
	Produce	Lemon	1	each
	Produce	Carrot	1	each
	Produce	Cucumber	1	each
	Protein	Ground Turkey	1	pound
	Spice	Kosher Salt	2	tsp
	Spice	Black Pepper, ground	3/4	tsp
	Spice	Cumin, ground	1	tsp
	Spice	Cayenne (optional)	1/2	tsp
	Spice	Sumac	1	Tbsp
	Spice	Cinnamon, ground	1	tsp
	Spice	Cloves, ground	1	tsp