



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Community Beginner Class: Week 3

Shopping List

RECIPES FOR CLASS

ALLERGENS

RESTRICTIONS

Group 1

Chicken Salad Sandwich with Apples & Pecans Egg, Dairy, Tree Nut, Wheat
Tomato & Cucumber Salad with Lemon Vinaigrette Vegetarian

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Yogurt, plain, low-fat	1/2	cup
	Dry	Apple Cider Vinegar	2	Tbsp
	Dry	Extra Virgin Olive Oil	2	Tbsp
	Dry	Honey	1	tsp
	Dry	Mayonnaise, light	1	Tbsp
	Dry	Mustard, Dijon or Creole	1	Tbsp
	Dry	Pecans, dry roasted, unsalted	1/4	cup
	Dry	Raisins or Dried Cranberries	2	Tbsp
	Dry	Whole Wheat Sandwich Thins	6	each
	Produce	Apple, green or red	1	each
	Produce	Baby Spinach	1	cup
	Produce	Celery Stalk	2	each
	Produce	Cucumber	2	each
	Produce	Globe or Vine Ripe Tomato, large	2	each
	Produce	Lemon	1	each
	Produce	Parsley, fresh	1/4	bunch
	Produce	Red Onion, small	1	each
	Protein	Chicken Breast, boneless, skinless	1	lb
	Spice	Black Pepper, ground	To taste	
	Spice	Salt-Free Seasoning	1	Tbsp
	Spice	Salt, Kosher	1/4	tsp