



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

## Community Beginner Class: Week 5

### Shopping and Equipment List

#### RECIPES FOR CLASS

##### Group 1

Crispy Baked Chicken Tenders & Broccoli Bites  
Buttermilk "Ranch" Dressing  
Coconut Pecan Date Rolls

#### ALLERGENS

Wheat, Egg  
Dairy, Fish  
Tree Nuts

#### RESTRICTIONS

Vegetarian, Vegan

#### SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Buttermilk, low-fat	3	Tbsp
	Dairy	Eggs, large	1/4	lb
	Dairy	Greek Yogurt, plain, nonfat	1/2	cup
	Dry	Coconut, shredded, unsweetened	3/4	cups
	Dry	Dates, pitted (about 14 each)	1 3/4	cups
	Dry	Parmesan Cheese, grated	2	Tbsp
	Dry	Pecans, chopped or whole, unsalted	1/2	cup
	Dry	Whole Wheat Breadcrumbs	1	cup
	Dry	Worcestershire Sauce	1/2	tsp
	Produce	Broccoli (1 crown)	3	cups
	Produce	Dill, fresh	1/4	tsp
	Produce	Parsley, fresh	1/8	tsp
	Produce	Sugar (optional)	1/2	tsp
	Protein	Chicken Breast, boneless and skinless	1/2	lb
	Spice	Black Pepper	1	tsp
	Spice	Cayenne Pepper (optional)	1/8	tsp
	Spice	Garlic Powder	1 1/2	tsp
	Spice	Onion Powder	1/4	tsp
	Spice	Salt, Kosher	1	tsp
	Spice	Thyme, dried	1	tsp