



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Community Beginner Class: Week 6

Shopping List

RECIPES FOR CLASS

Group 1

Cheeseburger Pasta
Salad with Lemon Vinaigrette

ALLERGENS

Wheat, Dairy
Tree Nuts

RESTRICTIONS

Vegetarian

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Cheddar Cheese, shredded	1/3	cup
	Dairy	Greek Yogurt, plain, nonfat	2	Tbsp
	Dairy	Milk, low-fat (1%)	1	cup
	Dry	Chicken or Vegetable Stock, homemade or no salt added/low sodium	1	cup
	Dry	Extra Virgin Olive Oil	½	cup
	Dry	Honey	1	tsp
	Dry	Olive or Canola Oil	1	Tbsp
	Dry	Tomato Paste	2	Tbsp
	Dry	Walnuts, dry roasted, unsalted	1/4	cup
	Dry	Whole Wheat Elbow Macaroni, dry	1	cup
	Produce	Cherry Tomatoes, whole or halved	1	cup
	Produce	Cucumber	1	medium
	Produce	Garlic	2	cloves
	Produce	Lemon	2	each
	Produce	Mixed Greens or Baby Spinach	8	cups
	Produce	Mushrooms, cremini or button	8	oz
	Produce	Yellow Onion, medium	1	each
	Produce	Zucchini	1	medium
	Protein	Ground Beef, 90/10	1/2	lb
	Spice	Black Pepper	1	tsp
	Spice	Garlic Powder	2	tsp
	Spice	Paprika	1	tsp
	Spice	Salt, Kosher	1	tsp