



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Community Beginner Class: Week 3

Shopping List

RECIPES FOR CLASS

Group 2

Creamy Avocado Egg Salad Sandwich
Citrus Green Bean Salad with Almonds
Vegan

ALLERGENS

Egg, Wheat
Tree Nut

RESTRICTIONS

Vegetarian
Vegetarian,

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Eggs, large	4	each
	Dry	Almonds, slivered or sliced	1/4	cup
	Dry	Sandwich Thin, Whole Wheat	4	each
	Dry	Sriracha Hot Sauce (optional)	1	tsp
	Dry	Olive Oil	1	Tbsp
	Produce	Red Onion, small	1	each
	Produce	Avocado, ripe	2	each
	Produce	Lemon	2	each
	Produce	Tomato, globe or roma	1/2	each
	Produce	Green Onion (Scallion)	2	stalks
	Produce	Greens, such as Arugula or Spinach	1	cup
	Produce	Cucumber	1	each
	Produce	Green Beans	1	lb
	Produce	Garlic, fresh	1	clove
	Spice	Salt, Kosher	1	tsp
	Spice	Black Pepper, ground	To taste	