



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Community Beginner Class: Week 4

Shopping List

RECIPES FOR CLASS

Group 2

Build Your Own Chicken Fajita Bowl
Cilantro Lime Brown Rice- Virtual
Salt-Free Taco Seasoning

ALLERGENS

Dairy

RESTRICTIONS

Vegetarian, Vegan
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SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Yogurt, plain, low-fat	1/4	cup
	Dry	Black Beans, low sodium, 15 oz can	1/2	can
	Dry	Brown Rice	1	cup
	Dry	Corn Tortilla	6	each
	Dry	Olive or Canola Oil	2	tsp
	Dry	Worcestershire Sauce	1/2	tsp
	Produce	Avocado	1	each
	Produce	Bell Pepper, any variety	1	medium
	Produce	Cilantro, fresh	1/4	bunch
	Produce	Globe Tomato	1	each
	Produce	Jalapeño	1	each
	Produce	Lime	2	each
	Produce	Tomato, globe or roma	1/2	each
	Produce	Yellow Onion, medium	1	medium
	Protein	Chicken Breast, boneless, skinless	1/2	lb
	Spice	Salt-Free Taco Seasoning	1 1/2	Tbsp
	Spice	Salt, Kosher	1/2	tsp

Spices Needed for Salt-Free Taco Seasoning

	Spice	Chili Powder	3	Tbsp
	Spice	Onion Powder	3	Tbsp
	Spice	Cumin	1	Tbsp
	Spice	Coriander	1	Tbsp
	Spice	Garlic Powder	1	Tbsp