



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Community Beginner Class: Week 5

Shopping List

RECIPES FOR CLASS

ALLERGENS

RESTRICTIONS

Group 2

Quinoa Lettuce Wraps with Spicy Peanut Sauce
Hidden Black Bean Brownies

Peanuts, Soy

Vegetarian
Vegetarian, Vegan

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dry	Baking Powder	1/2	tsp
	Dry	Black Beans, low sodium, 15 oz can	1	each
	Dry	Canola Oil	1/4	cup
	Dry	Chocolate Chips, semi-sweet	1/2	cup
	Dry	Cocoa Powder, unsweetened	3	Tbsp
	Dry	Honey	1	Tbsp
	Dry	Maple Syrup	1/2	cup
	Dry	Peanut Butter, smooth, no sugar added	2	Tbsp
	Dry	Quick or Old-Fashioned Oats	1/2	cup
	Dry	Quinoa	1/2	cup
	Dry	Soy Sauce, low sodium	2	Tbsp
	Dry	Sriracha Hot Sauce	1	tsp
	Dry	Vanilla Extract	1	tsp
	Produce	Cilantro, fresh	1/4	bunch
	Produce	Garlic	4	cloves
	Produce	Green Onion (Scallion)	2	stalks
	Produce	Lime	2	each
	Produce	Red Bell Pepper	1/2	each
	Produce	Romaine or bib lettuce	1	head
	Spice	Black Pepper, ground	To taste	
	Spice	Salt, Kosher	1/8	tsp