



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Community Beginner Class: Week 6

Shopping List

RECIPES FOR CLASS

Group 2

Fish Tacos with Mango Red Cabbage Slaw
Mango Red Cabbage Slaw
Salt-Free Taco Seasoning (provided)

ALLERGENS

Fish

RESTRICTIONS

Pescatarian
Vegetarian
Vegetarian, Vegan

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Sharp Cheddar Cheese, pre-shredded	1/3	cup
	Spice	Cumin	1/8	tsp
	Dry	Vinegar (Red or White Wine, or Rice)	1	Tbsp
	Dry	Corn Tortilla	8	each
	Dry	Olive Oil	1	tsp
	Dry	Honey	1 1/2	tsp
	Produce	Green Onion (Scallion)	2	each
	Produce	Avocado	1	each
	Produce	Red Cabbage, finely shredded	1/2	cup
	Produce	Red Bell Pepper	1/2	each
	Produce	Mango	1	each
	Produce	Cilantro, fresh	1/4	bunch
	Produce	Lime	2	each
	Spice	Paprika, regular or smoked	1/4	tsp
	Protein	Drum fillet or white fish, deboned, skin removed	1	lb
	Spice	Black Pepper	1/4	tsp
	Spice	Salt, Kosher	1	tsp
	Spice	Salt-Free Taco Seasoning	1 Tbsp + 1 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