



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Community Beginner Class: Week 6

Shopping List

RECIPES FOR CLASS

Group 3

Peanut Noodles with Seared Tofu

ALLERGENS

Soy, Peanuts

RESTRICTIONS

Vegetarian

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dry	Honey	1	Tbsp
	Dry	Olive or Toasted Sesame Oil	2	tsp
	Dry	Peanut Butter, natural, no sugar added	3	Tbsp
	Dry	Peanuts, roasted, unsalted	3	Tbsp
	Dry	Rice Noodles, medium width	4	ounces
	Dry	Soy Sauce, reduced sodium	2	Tbsp
	Dry	Sriracha	1	tsp
	Fresh or Frozen	Edamame or Lima Beans, shelled	1/2	cup
	Produce	Broccoli	1	head
	Produce	Carrot	1	large
	Produce	Cilantro	1/4	cup
	Produce	Green Onion (Scallion)	1	stalk
	Produce	Lime	2	each
	Produce	Red Cabbage, whole or finely shredded	1	cups
	Protein	Firm Tofu	7	oz
	Spice	Black Pepper	1/2	tsp
	Spice	Salt, Kosher	1/8	tsp