



Online Class 9/16/20: Tips & Techniques for Healthy Cooking - Shopping List

Cheeseburger Pasta
Ribbon Salad with Tahini Vinaigrette

Bonus Technique Lesson:
Homemade Chicken Stock

✓	Type	Ingredient	Amount	Unit
	Dairy	Milk, low-fat (1%)	1	cup
	Dairy	Cheddar Cheese, shredded	1/3	cup
	Dairy	Greek Yogurt, plain, nonfat	2	Tbsp
	Dry	Canola	1	Tbsp
	Dry	Tomato Paste	2	Tbsp
	Dry	Whole Wheat Elbow Macaroni, dry	1	cup
	Dry	Chicken or Vegetable Stock, homemade or no salt added/low sodium	1	cup
	Dry	Tahini	5	Tbsp
	Dry	Soy Sauce, low sodium	1/4	cup
	Dry	Apple Cider Vinegar	1/4	cup
	Dry	Sesame Oil	1/4	cup
	Dry	Maple Syrup	1/4	cup
	Dry	Pumpkin, Sunflower, or Sesame Seeds	2	Tbsp
	Produce	Onion, yellow	1	each
	Produce	Mushrooms	8	oz.
	Produce	Zucchini	2-3	medium
	Produce	Garlic	3	cloves
	Produce	Green Onion (Scallion)	1-2	bunch
	Produce	Cucumber	1	each
	Produce	Carrot	1	each
	Produce	Tomato (or 1 cup cherry tomatoes)	1	each
	Protein	Ground Beef (90/10)	1/2	pound
	Spice	Kosher Salt	1 1/4	tsp
	Spice	Paprika	1	tsp
	Spice	Garlic Powder	2	tsp