



RECIPES

Teriyaki Shrimp & Vegetable Stir-Fry
Simmered Quinoa & Brown Rice
Mango & Banana Sorbet

Pescatarian
Vegan
Vegan

DIETARY CONSIDERATIONS

Contains soy & shellfish

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dry	Brown Rice, parboiled	1/3	cup
	Dry	Corn Starch	1	Tbsp
	Dry	Brown Sugar	1	Tbsp
	Dry	Quinoa, any variety	1/3	cup
	Dry	Rice Vinegar, unseasoned	3	Tbsp
	Dry	Soy Sauce, reduced sodium	2	Tbsp
	Dry	Toasted Sesame Oil	3	tsp
	Dry	Vanilla Extract	2	tsp
	Dry	Vegetable Stock, no salt added or homemade	1 ½ cup	cups
	Frozen	Bananas, ripe, frozen	3	large
	Frozen	Mango, frozen, cubed or chunked	2	cup
	Frozen	Peas or Edamame, shelled, frozen	1	cup
	Produce	Bell Pepper, any variety	1	medium
	Produce	Broccoli	1	head
	Produce	Carrot	1	medium
	Produce	Garlic, fresh	2	cloves
	Produce	Ginger, freshly minced	1"	piece
	Produce	Onion, any variety	1	medium
	Protein	Shrimp, raw	1	lb
	Spices	Red Pepper Flakes	1/4	tsp



EQUIPMENT LIST

AARP Wellness Wednesdays: May 19th, 2021 Shopping & Equipment List

Qty	Equipment
Equipment for All Recipes	
1 each	Cutting board
1 each	Chef's knife
2 each	Dinner forks and spoons
1 set	Measuring cups
1 set	Measuring spoons
Various	Mise en place bowls (small bowls, cups, or mugs)
Teriyaki Shrimp & Vegetable Stir-Fry	
1 each	Large sauté pan (with lid)
1 each	Tongs
1 each	Plate or bowl
1 each	Spatula or favorite cooking spoon
2 each	Small mixing bowl
Simmered Quinoa & Brown Rice	
1 each	Fine strainer
1 each	Small pot (with lid)
Mango & Banana Sorbet	
1 each	Blender (with lid)
1 each	Spatula or long spoon
1 each	Small metal bowl or pan
1 each	Ice cream scoop