



RECIPES

Crispy Oven-Fried Chicken

Butternut Squash Mac n' Cheese

Simple Savory Greens

Bubbly Watermelon Cooler

Salt-Free Creole Seasoning

Vegetarian

Vegan

Vegan

Vegan

DIETARY CONSIDERATIONS

Contains dairy

Contains dairy & wheat

None

None

None

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Buttermilk, low-fat	1	cup
	Dairy	Cheese, cheddar	3/4	cup
	Dairy	Cheese, parmesan	1	Tbsp
	Dairy	Milk, 1%	1/2	cup
	Dry	All-Purpose Flour	1/2	cup
	Dry	Apple Cider Vinegar	3	Tbsp
	Dry	Cane (or Maple) Syrup	2	tsp
	Dry	Crystal Hot Sauce	1	Tbsp
	Dry	Olive Oil	3	tsp
	Dry	Non-Stick Pan Spray		As needed
	Dry	Seltzer Water	4	cups
	Dry	Whole Wheat Elbow Pasta	8	oz
	Frozen	Butternut Squash, frozen	1	cup
	Produce	Garlic, fresh	1	clove
	Produce	Greens (Kale, Collards, Swiss Chard)	16	oz
	Produce	Lime	1	each
	Produce	Onion, any variety	1/2	each
	Produce	Watermelon	6	cups
	Protein	Chicken, thighs and drumsticks	1-1.5	lb
	Spices	Basil, dried	1	Tbsp
	Spices	Black Pepper, ground		As needed
	Spices	Cayenne, ground	1/2	tsp
	Spices	Garlic Powder	1	tsp
	Spices	Kosher Salt	1	tsp
	Spices	Onion Powder	1	Tbsp
	Spices	Oregano, dried	1 1/2	tsp
	Spices	Smoked Paprika	1	tsp



AARP Wellness Wednesdays: June 16th, 2021 Shopping & Equipment List

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)
Crispy Oven-Fried Chicken	
2 each	Medium mixing bowl
1 each	Tongs
1 each	Cooling rack
1 each	Baking pan
1 each	Parchment or foil
Butternut Squash Mac n' Cheese	
1 each	Grater (for grating cheese if not using pre-shredded)
1 each	Medium pot (with lid)
1 each	Spatula or mixing spoon
1 each	Medium strainer
1 each	Blender (with lid)
1 each	Small skillet/ sauté pan
Simple Savory Greens	
1 each	Medium pot (with lid)
1 each	Spatula or mixing spoon
Bubbly Watermelon Cooler	
1 each	Blender (with lid)
1 each	Fine strainer
1 each	Pitcher
1 each	Zester/Microplane