



# AARP Wellness Wednesdays: July 21, 2021

## Shopping & Equipment List

### RECIPES

Crispy Baked Chicken Tenders & Broccoli Bites  
Buttermilk Ranch & Buffalo Dipping Sauces  
Zucchini Muffins  
Strawberry Banana Sorbet  
Chocolate Magic Shell

### DIETARY CONSIDERATIONS

Contains wheat & egg  
Contains dairy  
Contains wheat & egg  
None  
None

### SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Parmesan Cheese	2	Tbsp
	Dairy	Eggs, large	4	each
	Dairy	Greek yogurt, plain, nonfat	½	cup
	Dairy	Buttermilk, low-fat	3	Tbsp
	Dairy	Butter, unsalted	1	Tbsp
	Dry	Whole Wheat Breadcrumbs	1	cup
	Dry	Worcestershire Sauce	½	tsp
	Dry	Sugar	½ + ½	cup + tsp
	Dry	Hot Sauce (Crystal or Frank's)	⅓	cup
	Dry	All Purpose Flour	½	cup
	Dry	Whole Wheat Flour	1	cup
	Dry	Baking Soda	1	tsp
	Dry	Vanilla Extract	1	tsp
	Dry	Canola Oil	½	cup
	Dry	Walnuts, chopped	½	cup
	Dry	Coconut Oil	½	cup
	Dry	Cocoa Powder	½	cup
	Dry	Maple Syrup	2	Tbsp
	Frozen	Bananas, overripe, frozen	4	each
	Frozen	Strawberries, about 4-5 whole	1	cup
	Produce	Broccoli (1 crown)	3	cups
	Produce	Parsley, fresh	½	tsp
	Produce	Dill, fresh	¼	tsp
	Produce	Lemon juice	1 + ½	Tbsp + tsp
	Produce	Zucchini, unpeeled, grated (about 1 small or ½ medium)	1 ½	cups
	Protein	Chicken breast, boneless and skinless	8	oz.



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	Spices	Garlic Powder	1 ½	tsp
	Spices	Thyme, dried	1	tsp
	Spices	Kosher Salt	¾	tsp
	Spices	Black Pepper, ground	¾	tsp
	Spices	Cayenne Pepper (optional)		Pinch
	Spices	Onion Powder	¼	tsp
	Spices	Cinnamon, ground	2	tsp
	Spices	Ginger, ground	½	tsp

### EQUIPMENT LIST

Qty	Equipment
<b>Equipment for All Recipes</b>	
1 each	Cutting board
1 each	Chef's knife
1 set	Measuring cups
1 set	Measuring spoons
Various	Mise en place bowls (small bowls, cups, or mugs)
<b>Crispy Baked Chicken Tenders &amp; Broccoli Bites</b>	
2 each	Sheet trays
As desired	Parchment paper or Foil
2 each	Shallow bowls/dishes
1 each	Fork or whisk
1 each	Instant Read Thermometer
<b>Buttermilk Ranch &amp; Buffalo Dipping Sauces</b>	
2 each	Small mixing bowl (1 microwave safe)
2 each	Spoon
<b>Zucchini Muffins</b>	
1 each	12-cup muffin pan
As desired	Paper liners or nonstick cooking spray
1 each	Large mixing bowl
1 each	Whisk
1 each	Medium mixing bowl
1 each	Box grater with large holes
1 each	Spoon or spatula
1 each	Ice cream scoop or measuring cup (for portioning batter)
1 each	Cooling rack



The Goldring Center  
for Culinary Medicine

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Strawberry Banana Sorbet	
1 each	Blender (with lid)
Chocolate Magic Shell	
1 each	Small microwave safe bowl
1 each	Whisk or spoon