



AARP Wellness Wednesdays: August 18, 2021

Menu, Shopping, & Equipment List

RECIPES

Infused Oil
Green Goddess Dressing
Greek Cucumber & Chickpea Salad
Simple Lemon & Parsley Quinoa
Spiced Chicken Thighs
Simple Roasted Vegetables

DIETARY CONSIDERATIONS

None
Contains dairy
Contains dairy
None
None
None

MENU

This class is using component recipes to make two different salads which can be eaten for lunch or dinner. The idea is to show you how to create filling, delicious salads using recipes that can also do double duty as meals or sides on their own. Feel free to make all of the component recipes, or just a few, and mix and match to your preferences. We are listing additional ingredients needed outside of the recipes to make the salads. They are highlighted in **red text** in the shopping list below.

Salad #1: Greens, Greek Cucumber & Chickpea Salad, Spiced Chicken Thighs, Cherry Tomatoes, and Sunflower Seeds

Salad #2: Greens, Simple Lemon & Parsley Quinoa, Spiced Chicken Thighs, Simple Roasted Vegetables, Green Goddess Dressing, and Sunflower Seeds

PLEASE NOTE: For the infused oil, we will be demonstrating a half batch of the Lemon, Thyme, and Garlic variation listed on the recipe, but we have included all the ingredients for both variations in the shopping list below.

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Feta cheese, crumbled	1/4	cup
	Dairy	Plain Yogurt, low-fat	2	Tbsp
	Dry	Brown Sugar	1	tsp
	Dry	Chickpeas, canned, drained and rinsed	1-15oz.	can
	Dry	Dijon Mustard	2	tsp
	Dry	Extra Virgin Olive Oil	1/2	cup
	Dry	Honey	1 + 2	Tbsp + tsp



AARP Wellness Wednesdays: August 18, 2021 Menu, Shopping, & Equipment List

	Dry	Kalamata Olives	¼	cup
	Dry	Light Olive Oil, Canola Oil, or a 50/50 blend of Extra Virgin Olive Oil and Canola Oil	16-32	oz.
	Dry	Olive or Canola Oil	1 + 2	Tbsp + tsp
	Dry	Quinoa	1	cup
	Dry	Sunflower Seeds (or any nut/seed you like to add crunch to your salads)	2-4	Tbsp
	Dry	Vegetable Stock (homemade or low-sodium) or Water	2	cups
	Dry	White Wine Vinegar	¼	cup
	Produce	Avocado	1	each
	Produce	Carrots	4	each
	Produce	Cherry Tomatoes	1	pint
	Produce	Cucumber	2	medium
	Produce	Garlic cloves	3-5	each
	Produce	Green Beans	8	oz.
	Produce	Green Onion	1	bunch
	Produce	Lemon	4	each
	Produce	Mixed Greens, Kale, Spinach, Romaine (or whatever you like as a salad base)	4-6	cups
	Produce	Parsley, fresh	1	bunch
	Produce	Red Bell Pepper	2	medium
	Produce	Red Onion	1	each
	Produce	Rosemary, fresh	2-3	sprigs
	Produce	Serrano or Fresno chile pepper	1	each
	Produce	Thyme, fresh	6-8	sprigs
	Produce	Zucchini or Yellow Squash	1	each
	Protein	Chicken thighs, boneless and skinless	1-1.5	lb.
	Spices	Black Pepper, ground	To	Taste
	Spices	Coriander	¼	tsp
	Spices	Garlic Powder	1 ¾	tsp
	Spices	Ginger, ground	¼	tsp
	Spices	Italian Seasoning	½	tsp
	Spices	Kosher Salt	1 ¾	tsp
	Spices	Onion Powder	½	tsp
	Spices	Paprika	1	tsp
	Spices	Red Pepper Flakes (optional)	¼	tsp
	Spices	Turmeric	½	tsp



AARP Wellness Wednesdays: August 18, 2021 Menu, Shopping, & Equipment List

EQUIPMENT LIST

Qty	Equipment
Equipment for All Recipes	
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)
Infused Oil (to make one of the two variation options)	
As needed	Paper towels or clean kitchen towels
1 each	Vegetable peeler
1 each	Paring knife
1 each	Small pot
1 each	Tongs or slotted spoon or fine mesh strainer
1 each	clean jar or bottle with tight-fitting lid (large enough to fit the amount of oil you are making)
Green Goddess Dressing	
1 each	Blender or food processor
1 each	Spatula
1 each	Jar or small container with a lid
Greek Cucumber & Chickpea Salad	
1 each	Jar or small container with a lid
1 each	Large bowl
1 each	Spatula or spoon
Simple Lemon & Parsley Quinoa	
1 each	Small saucepot with lid
1 each	Fork
Spiced Chicken Thighs	
1 each	Small bowl
1 each	Oven safe sauté pan
1 each	Tongs
1 each	Instant read meat thermometer



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

AARP Wellness Wednesdays: August 18, 2021 Menu, Shopping, & Equipment List

1 each	Plate or cutting board
Simple Roasted Vegetables	
1 each	Large mixing bowl
1-2 each	Baking sheets (lined with foil, if desired)
1 each	Spatula or spoon