



AARP Wellness Wednesdays: September 15, 2021 Menu, Shopping, & Equipment List

RECIPES

Build Your Own Chicken Fajita Bowl
Salt-Free Taco Seasoning
Cilantro Lime Brown Rice
Sweet & Spicy Apple Cabbage Slaw
Tropical Frozen Margarita Mocktail

DIETARY CONSIDERATIONS

Contains Dairy
None
None
None
None

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Yogurt, plain, low fat	1/4	cup
	Dry	Black Beans, low-sodium	1/2 (15 oz.)	can
	Dry	Brown Rice	1	cup
	Dry	Honey	2	Tbsp
	Dry	Olive Oil or Canola Oil	2 + 2	Tbsp + tsp
	Frozen	Mango, frozen, chunks	2	cup
	Frozen	Pineapple, chunks, frozen	2	cup
	Produce	Apple (Honeycrisp, Golden Delicious, Gala or Fuji)	1	each
	Produce	Avocado	1	each
	Produce	Cabbage, green or red, finely shredded (about 1/4 medium head or 1/2 small head or use pre-shredded slaw mix)	3	cups
	Produce	Cilantro, fresh, chopped	1/2 + 1	cup + Tbsp
	Produce	Globe Tomato	1.0	each
	Produce	Jalapeno pepper	2	each
	Produce	Lime	5	each
	Produce	Onion, medium	1	each
	Produce	Orange, navel	2	each
	Produce	Red Bell Pepper	1	each
	Protein	Chicken Breast, boneless, skinless	1/2	lb.



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

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	Spice	Cayenne Pepper (optional)	$\frac{3}{4}$	tsp
	Spice	Chili Powder, ground	3	Tbsp
	Spice	Cumin, ground	1 + $\frac{1}{2}$	Tbsp + tsp
	Spice	Coriander	1	Tbsp
	Spice	Garlic Powder	1 + $\frac{1}{2}$	Tbsp + tsp
	Spice	Onion Powder	3	Tbsp
	Spice	Paprika	1	Tbsp
	Spice	Pepper, black, ground	1 $\frac{1}{2}$	tsp
	Spice	Salt, Kosher	$\frac{1}{2}$ + $\frac{1}{8}$	tsp



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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)
Build Your Own Chicken Fajita Bowl	
As needed	Medium sauté pan
1 each	Spatula or Wooden Spoon
1 each	Instant Read Thermometer
Salt-Free Taco Seasoning	
1 each	Container or jar with lid
Cilantro Lime Brown Rice	
1 each	Medium saucepot
1 each	Strainer or Colander (optional)
1 each	Fork/Spoon
Sweet & Spicy Apple Cabbage Slaw	
1 each	Large Mixing Bowl
1 each	Spoon
Tropical Frozen Mango Margarita	
1 each	Blender
1 each	Serving Glasses
1 each	Shallow Dish (for adding sugar/salt to rim of glasses)