



AARP Wellness Wednesdays: November 17, 2021

Menu, Shopping, & Equipment List

RECIPES

Caramelized Fennel Spaghetti Squash
Cornbread Dressing
 Sausage, Pecan & Cranberry Version
 Creole Shrimp Version

DIETARY CONSIDERATIONS

Contains Dairy
Contains Dairy & Eggs
Contains Nuts
Contains Shellfish

PREP IN ADVANCE

If you are cooking along with us during the live class, you will want to prepare your cornbread muffin recipe up to a day before. Please note that you can bake the batter as written, in a muffin tin or you can bake it in a square pan or cast-iron skillet. Once cooled, break it into pieces and allow it to dry out before class (see Cornbread Dressing recipe for details).

SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Buttermilk, nonfat	1	cup
	Dairy	Egg, large	4	each
	Dairy	Parmesan Cheese, grated	1/3	cup
	Dry	All-purpose Flour	1	cup
	Dry	Baking Powder	1	Tbsp
	Dry	Canola Oil	1	Tbsp
	Dry	Chicken or Vegetable Stock, homemade or no salt added	2	cups
	Dry	Dried Cranberries, reduced sugar <i>(optional add-in for dressing)</i>	½	cup
	Dry	Olive or Canola Oil	2	Tbsp
	Dry	Pecans, toasted, chopped <i>(optional add-in for dressing)</i>	1/2	cup
	Dry	Sugar	1/3	cup
	Dry	Yellow Cornmeal	¾	cup
	Produce	Apple, any variety <i>(optional add-in for dressing)</i>	1	each
	Produce	Bell Pepper, any color	1	each
	Produce	Celery	2	stalks
	Produce	Fennel Bulb	2	each
	Produce	Garlic	6	cloves



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	Produce	Green Onions (optional add-in for dressing)	3	each
	Produce	Lemon	1	each
	Produce	Onion	2	each
	Produce	Parsley, fresh	¼ + 2	cup + Tbsp
	Produce	Sage, fresh	1	tsp
	Produce	Spaghetti Squash (about 1 pound)	1	each
	Produce	Thyme, fresh	½	tsp
	Protein	Breakfast Sausage (optional add-in for dressing)	8	oz
	Protein	Shrimp, peeled and deveined (optional add-in for dressing)	8	oz
	Spice	Black Pepper, freshly ground		To Taste
	Spice	Kosher Salt	1 ¼	tsp
If Making Homemade Spice Blends – Poultry Seasoning:				
	Spice	Black Pepper, ground	½	tsp
	Spice	Marjoram	1	tsp
	Spice	Nutmeg	½	tsp
	Spice	Rosemary	¾	tsp
	Spice	Sage, ground	2	tsp
	Spice	Thyme, ground	1 ½	tsp
If Making Homemade Spice Blends – Salt-Free Creole Seasoning				
	Spice	Cayenne, ground	½	tsp
	Spice	Basil, dried	1	Tbsp
	Spice	Black Pepper, ground	1	Tbsp
	Spice	Garlic Powder	2	Tbsp
	Spice	Onion Powder	1	Tbsp
	Spice	Smoked Paprika	2	Tbsp
	Spice	Thyme, dried	1 ½	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)
Caramelized Fennel Spaghetti Squash	
1 each	Sheet tray lined with parchment paper or foil
1 each	Spoon (to scoop out squash seeds)
1 each	Large sauté pan
1 each	Wooden spoon or spatula
1 each	Fork (for scraping cooked squash)
Cornbread Muffins (Prep Recipe for Cornbread Dressing)	
1 each	12-cup muffin pan with paper liners
2 each	Medium mixing bowls
1 each	Whisk
1 each	Rubber Spatula
1 each	Muffin scoop (#24 – 1.5 oz. size)
1 each	Wire cooling rack
Cornbread Dressing	
1 each	Sheet tray (for drying cornbread)
1 each	2 to 3-quart casserole dish
1 each	Small bowl with whisk (for eggs)
1 each	Large sauté pan
1 each	Wooden spoon