



Dinner Delights

Shopping and Equipment List

Shopping List:

2 medium onions
 Small tomato
 2 large tomatoes
 2 ripe avocados
 1-2 limes
 1 bunch fresh cilantro
 1 cucumber
 1 head of broccoli
 1 large carrot
 2 medium sweet potatoes
 1 small (approx. 500g) cauliflower
 3 garlic cloves or use garlic powder *
 1 tbsp. fresh ginger
 5 whole wheat pitas
 Cheddar cheese (150mL, approx. 75g)
 19oz (540 mL) can black beans
 19oz (540 mL) can brown lentils
 Salsa (125 mL) (may have left-over from previous session)
 1 400 mL can coconut milk
 3 tbsp. (90 mL) Indian curry paste (mild or Madras)
 Pepper *
 Canola oil *
 Cumin *
 Salt *

Equipment List:

Blender (optional)
 2 Can openers
 2 Cheese graters
 7 Cutting boards
 Electric skillet
 2 Forks
 11 Knives
 2 Mixing bowls (medium)
 6 Mixing bowls (small)
 2 Liquid Measuring cup
 Potato masher
 Set of dry measuring cups
 3 Sets of measuring spoons
 4 large plates for serving
 5 Spoons
 2 Strainer
 Spoon for use in the skillet
 2 Vegetable peelers
 Small plates for sampling

* Frequently used ingredients from Staples List

DIY Veggie Pita Pockets – makes 10 sample size servings

Sweet Potato and Cauliflower Curry – makes 15-20 sample size servings

Let's Get Cookin'!

