



Begin with Breakfast

Shopping and Equipment List

Shopping List:

2 large apples e.g., Cortland or Empire
2 cups (500 mL) mixed vegetables (tomato, spinach onion, bell peppers)
5 whole wheat large tortillas
Plain Greek yogurt (250 mL, approx. 250g)
Cheddar cheese (300 mL, approx. 150g)
Cheese (mozzarella, cheddar or feta) (250 mL, approx. 125g)
6 whole eggs
Vanilla *
Canola oil *
Salt *
Pepper *
Dried oregano, basil and/or parsley

Equipment List:

2 Cheese grater
4 Cutting boards
Electric skillet
4 Knives
Mixing bowl (large)
Mixing bowl (medium)
2 Mixing bowls (small)
2 Liquid measuring cups
1 Set of dry measuring cups
2 Sets of measuring spoons
2 Spoons
Flipper
2 large plates for serving
Spatula
Strainer
Set of plates for sampling
Whisk

* Frequently used ingredients from Staples List

Cheddar Apple Wraps – makes 15-20 sample size servings

Everyday Omelet – makes 10 sample size servings

Let's Get Cookin'!