



# Versatile Veggies

## Shopping and Equipment List

### Shopping List:

3 Limes  
 4 Bell peppers (red, green, yellow or orange)  
 3 Green onions  
 1 Small white onion  
 1 Bunch fresh cilantro  
 2 Ripe avocados  
 1 Clove of garlic or use garlic powder \*  
 8 Whole wheat large tortillas  
 Cheddar cheese (500 mL, approx. 250 g)  
 Low fat sour cream or plain Greek yogurt  
 (optional, may be left-over from previous session)  
 Frozen corn (500 mL, approx. 300 g)  
 2-540 mL Cans pinto beans  
 2-540 mL Cans black beans  
 Salsa (optional, may be left-over)  
 1/3 cup (80 mL) apple cider vinegar  
 Canola oil \*  
 Cumin \*  
 Chili powder \*  
 Salt and pepper \*  
 Pasteurized honey \*

### Equipment List:

2 Can openers  
 Cheese Grater  
 5 Cutting boards  
 Electric Skillet  
 5 Knives  
 Mixing bowl (large)  
 Mixing bowl (medium)  
 Mixing bowl (small)  
 Pizza cutter  
 Potato masher  
 2 Sets of dry measuring cups  
 2 Sets of measuring spoons  
 4 Spoons  
 2 Strainers  
 Flipper  
 Large spoon  
 Whisk  
 Small plates for sampling  
 Large plate and a bowl for serving

\* Frequently used ingredients from Staples List

**Tex-Mex Black Bean Salad – makes 25 sample size servings**

**Southwest Vegetable Quesadillas – makes 32 sample size servings**

*Let's Get Cookin'!*