

# shopping list

The list suggests the smallest packages available that will see you through the recipes in this issue.

\* FREEZABLE   ● LOW-FAT   << 30 MINUTES OR LESS

## STAPLES

- olive oil (including extra virgin)
- canola oil
- kosher salt
- black pepper
- all-purpose flour
- granulated sugar
- unsalted butter
- eggs
- whole milk

## PASTA WITH OLIVE OIL, GARLIC, AND CRUSHED RED PEPPER <<

- 1 head garlic
- 1 bunch fresh flat-leaf parsley
- 1 small jar crushed red pepper flakes
- 1 pound dried pasta

## PASTA WITH OLIVE OIL, GARLIC, CRUSHED RED PEPPER, SAUSAGE, AND RED BELL PEPPER <<

- ingredients for Pasta with Olive Oil, Garlic, and Crushed Red Pepper
- 1 large red bell pepper
- 1 pound Italian sausage

## PASTA WITH BASIL PESTO \* <<

- 1 head garlic
- 1 bunch fresh basil
- 1 pound dried pasta
- 1½ ounces pine nuts
- 1 ounce Parmesan

## PASTA WITH BASIL PESTO, ZUCCHINI, AND MINT <<

- ingredients for Pasta with Basil Pesto
- 2 small zucchini
- 1 small bunch fresh mint

## PASTA WITH CREAM SAUCE <<

- 1 pound dried pasta
- 4 ounces Parmesan
- 1 pint heavy cream

## PASTA WITH CREAM SAUCE, PEAS, AND CHIVES <<

- ingredients for Pasta with Cream Sauce
- 1 bunch fresh chives
- 1 10-ounce package frozen peas

## PASTA POMODORO \* ● <<

- 1 head garlic
- 1 small bunch fresh basil
- 1 pound dried pasta
- 1 28-ounce can whole peeled tomatoes

## PASTA POMODORO WITH SHRIMP AND LEMON ZEST \* ● <<

- ingredients for Pasta Pomodoro
- 1 lemon
- 1 pound large shrimp, peeled and deveined

## BARLEY RISOTTO WITH ASPARAGUS AND PARMESAN ●

- 1 large yellow onion
- 1 head garlic
- 1 pound asparagus
- 1 16-ounce package barley
- 3 14.5-ounce cans low-sodium vegetable or chicken broth
- 1 bottle dry white wine (such as Sauvignon Blanc)
- 2 ounces Parmesan

## SMOKY CHICKEN CORN CAKES ●

- 1 small red onion
- 4 Roma (plum) tomatoes
- 1 bunch fresh cilantro
- 2 limes
- 1 7-ounce can chipotle chilies in adobo sauce
- 1 32-ounce package yellow cornmeal
- 1 10-ounce container baking powder
- 1 10-ounce package frozen corn
- 1 8-ounce container sour cream (optional)
- 1 15-ounce container part-skim ricotta
- 1 3½- to 4-pound rotisserie chicken

## CRISPY PROSCIUTTO AND SCALLION FRITTATA <<

- 6 scallions
- 2 bunches or one 5-ounce bag arugula
- 4 ounces goat cheese
- 2 ounces Parmesan
- 4 ounces thinly sliced prosciutto

## SPICE-BAKED SEA BASS AND RED LENTILS ● <<

- 1 large yellow onion
- 1 head garlic
- 1 lemon
- 1 small jar ground ginger
- 1 small jar ground cumin
- 1 small jar ground coriander (optional)
- 1 small jar dried thyme
- 1 16-ounce package red or green lentils
- 1 32-ounce container low-sodium chicken or vegetable broth
- 4 6-ounce sea bass fillets, skin removed

## GOLDEN CHICKEN WITH TOMATOES AND OLIVES ● <<

- 1 large yellow onion
- 1 head garlic
- 1 pint grape or cherry tomatoes
- 1 bunch fresh flat-leaf parsley
- 1 16-ounce package long-grain rice
- 1 7-ounce jar large pimiento-stuffed olives
- 1 bottle dry white wine (such as Sauvignon Blanc)
- 1 pound boneless, skinless chicken breasts

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# shopping list (continued)

\* FREEZABLE   ● LOW-FAT   << 30 MINUTES OR LESS

## EASY DOUGHNUTS <<

- 1 small jar ground cinnamon
- 1 24-ounce bottle vegetable oil
- 1 8-count package large refrigerated biscuits (such as Pillsbury Grands)

## TARRAGON CREAM SAUCE

- 1 small yellow onion
- 1 small bunch fresh tarragon
- 1 half-bottle white wine
- 1/2 pint heavy cream

## POACHED PEARS ●

- 4 small ripe pears (any variety)
- 1 navel orange
- 1 lemon
- 1 small jar cloves
- 1 small jar cinnamon sticks
- 1 vanilla bean or one 1-ounce bottle vanilla extract
- 1 half-bottle red wine

## RED WINE PASTA WITH ROMANO ● <<

- 1 small lemon
- 1 pound dried linguine
- 1 half-bottle red wine
- 2 ounces Romano

## DRUNKEN CHEESY BREAD ● <<

- 1 small yellow onion
- 1 half-bottle white wine
- 1 baguette
- 6 ounces Gruyère
- 1/8 pound thinly sliced cooked ham

## WHITE WINE VINAIGRETTE <<

- 3 lemons
- 1 12-ounce jar honey
- 1 half-bottle white wine

## GREEN BEANS WITH ALMOND-AND-LEMON BROWN BUTTER <<

- 1 pound green beans
- 1 lemon
- 1.25 ounces unsalted roasted almonds

## TORTELLINI WITH BACON, GREENS, AND BROWN BUTTER <<

- 1 bunch or one 5-ounce bag arugula
- 1 pound cheese or meat tortellini
- 1 8-ounce package sliced bacon

## BROWN BUTTER BISCUITS <<

- 1 10-ounce container baking powder

## POPCORN WITH BROWN BUTTER AND PARMESAN <<

- 1 16-ounce package popping corn or one 9-ounce box microwave popcorn
- 1 ounce Parmesan

## BROWN BUTTER APPLES <<

- 1 bunch fresh sage
- 2 apples (such as gala or Granny Smith)

## BROWN BUTTER FROSTING ● <<

- 1 16-ounce box confectioners' sugar
- 1 16-ounce jar corn syrup

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