

# shopping list

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

● 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
- milk
- large eggs

## CUCUMBER SOUP ◀◀

- 5 cucumbers
- 1 bunch scallions
- 1 bunch fresh cilantro
- 1 small jar cayenne pepper
- 1 8-ounce container sour cream
- 1 quart buttermilk
- 1 12-ounce jar salsa verde

## GUACAMOLE AND CHIPS ◀◀

- 1 red onion
- 5 avocados
- 1 jalapeño
- 1 bunch fresh cilantro
- 2 limes
- 1 16-ounce package tortilla chips

## CHEESE QUESADILLAS ● ◀◀

- 1 8-count package 8-inch flour tortillas
- 1 8-ounce package grated Monterey Jack
- 1 12-ounce container refrigerated store-bought salsa

## BURRITO BAR EXTRAS ◀◀

- 1 head romaine lettuce
- 2 large tomatoes
- 2 8-count packages 8-inch flour tortillas
- 1 8-ounce package grated Monterey Jack

## CHICKEN MOLE ◀◀

- 1 18-ounce jar mole or enchilada sauce
- 2 3 1/2- to 4-pound rotisserie chickens

## RED RICE ● ◀◀

- 1 small jar chili powder
- 1 16-ounce package long-grain white rice
- 2 14.5-ounce cans low-sodium chicken broth
- 1 14.5-ounce can diced tomatoes

## SHRIMP AND CORN SALAD ● ◀◀

- 3 ears fresh corn or one 10-ounce package frozen corn
- 1 pint cherry tomatoes
- 1 small jicama (optional)
- 1 bunch scallions
- 1 orange
- 1 lime
- 1 small jar ground cumin
- 1 12-ounce jar honey
- 3.5 ounces shelled roasted pumpkin seeds
- 1 pound peeled and deveined large cooked shrimp (fresh or frozen)

## PINTO BEANS ● ◀◀

- 1 small onion
- 4 15-ounce cans whole pinto beans

## LIME SORBET MARGARITAS ● ◀◀

- 1 lime
- 1 375-milliliter bottle tequila
- 2 pints lime sorbet

## MEXICAN S'MORES ● ◀◀

- 1 14.4-ounce box cinnamon graham crackers
- 1 10-ounce package marshmallows
- 4 1.5-ounce milk chocolate bars

## PINK LEMONADE ● ◀◀

- 2 limes
- 1 half-gallon carton pink lemonade

## TURKEY BURGERS WITH GRATED ZUCCHINI AND CARROT ◀◀

- 1 head garlic
- 1 medium carrot
- 1 medium zucchini
- 1 head Boston lettuce
- 1 lemon (optional)
- 1 small jar dried thyme
- 1 8-ounce jar mayonnaise (optional)
- 1 loaf crusty bread
- 3/4 pound ground turkey

## SAUTÉED CHICKEN WITH CORN AND EDAMAME ◀◀

- 1 large red onion
- 2 ears fresh corn or one 10-ounce package frozen corn
- 2 14-ounce packages frozen shelled edamame
- 4 6-ounce boneless, skinless chicken breasts
- 1 8-ounce package sliced bacon

## RIGATONI WITH SAUTÉED EGGPLANT AND TOMATOES ◀◀

- 1 head garlic
- 1 medium eggplant
- 1 pint grape or cherry tomatoes
- 1 small bunch fresh mint
- 1 pound dried rigatoni
- 2 ounces ricotta salata or Parmesan

## GRILLED SKIRT STEAK AND POTATOES WITH HERB SAUCE ◀◀

- 1 head garlic
- 1 1/2 pounds sweet potatoes
- 1 bunch fresh flat-leaf parsley
- 1 small bunch fresh oregano
- 1 small jar cayenne pepper
- 1 12-ounce bottle red wine vinegar
- 1 1/2 pounds skirt steak

## GINGERY SHRIMP AND COUSCOUS ● ◀◀

- 1 large yellow onion
- 1 head garlic
- 1 3-inch piece fresh ginger
- 8 ounces snow peas
- 1 small bunch fresh cilantro
- 1 10-ounce box couscous
- 1 bottle dry white wine
- 1 pound peeled and deveined shrimp

## QUICK CRAB CAKES ◀◀

- 1 lemon
- 1 10-ounce jar tartar sauce
- 1 8-ounce jar Dijon mustard
- 1 5.5-ounce bag plain potato chips
- 1 pound lump crabmeat

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