

# 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
- milk
- large eggs

## SPICED COLD CHICKEN

- 1 small jar sweet paprika
- 1 small jar dry mustard
- 1 16-ounce package brown sugar
- 1 4-pound chicken, cut into 8 pieces

## BITTER ORANGE CROSTATA \*

- 1 10-ounce container baking powder
- 1 12-ounce jar orange marmalade

## TURKEY WRAPS ●◀◀

- 2 tomatoes
- 2 Kirby cucumbers
- 1 small head romaine lettuce
- 1 package large flour tortillas
- 1 7-ounce container pesto
- 3/4 pound sliced turkey breast

## YIN-YANG SANDWICHES ◀◀

- 1 small head butter lettuce
- 1 8-ounce jar mayonnaise
- 1 12-ounce jar pepperoncini (hot pickled Tuscan peppers) or roasted red peppers
- 1 loaf ciabatta or French bread
- 1/2 pound sliced provolone
- 1 pound sliced ham
- 1/4 pound sliced salami

## EGGPLANT PASTA SALAD ●

- 1 eggplant
- 1 bunch celery
- 1 pint grape tomatoes
- 1 bunch fresh flat-leaf parsley
- 1 pound dried penne
- 1 6-ounce can tomato paste
- 1 12.7-ounce bottle white wine vinegar
- 1 3-ounce jar capers
- 1.5 ounces pine nuts (optional)

## PEANUT BUTTER CUP BROWNIES \*

- 1 small bottle vanilla extract
- 8 ounces bittersweet chocolate
- 8 large peanut butter cups

## MUSTARD-BROILED SALMON WITH NEW POTATO SALAD ◀◀

- 1 1/2 pounds new potatoes
- 1 small fennel bulb
- 1 bunch fresh dill
- 1 lemon
- 1 8-ounce jar Dijon mustard
- 1 8-ounce container crème fraîche or sour cream
- 4 6-ounce salmon fillets, skin removed

## FIVE-SPICE PORK CHOPS WITH GRILLED PLUMS ◀◀

- 2 bunches scallions
- 2 plums
- 1 small jar five-spice powder
- 1 5-ounce bottle low-sodium soy sauce
- 1 12-ounce jar honey
- 4 bone-in pork chops, about 1 inch thick

## LINGUINE WITH CLAM SAUCE ●◀◀

- 1 head garlic
- 3 beefsteak tomatoes
- 1 small bunch tarragon
- 1 small jar red pepper flakes
- 1 pound dried linguine
- 1 bottle dry white wine
- 1 loaf crusty bread (optional)
- 20 clams (such as littleneck or Manila)

## STUFFED POBLANO PEPPERS \* ●◀◀

- 4 poblano chili peppers
- 3 ears fresh corn or one 10-ounce package frozen corn
- 1 16-ounce package long-grain white rice
- 1 15-ounce can kidney beans
- 4 ounces goat cheese

## CHICKEN KEBABS WITH CHICKPEA SALAD ◀◀

- 1 head garlic
- 1 red onion
- 1 bunch celery
- 1 bunch fresh flat-leaf parsley
- 1 small jar ground cumin
- 1 15-ounce can chickpeas
- 1 12-ounce bottle red wine vinegar
- 8 8-inch skewers (metal or wood)
- 2 6-ounce containers plain yogurt
- 1 1/2 pounds boneless, skinless chicken breasts

## QUICK SHRIMP PO' BOY ●◀◀

- 2 medium tomatoes
- 1 16-ounce package coleslaw mix
- 1 8-ounce bottle ranch dressing
- 1 large baguette
- 2 8-ounce boxes frozen popcorn or breaded shrimp

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