

# shopping list

THIS LIST CONTAINS THE INGREDIENTS YOU'LL NEED TO PREPARE THE RECIPES IN THIS ISSUE OF *REAL SIMPLE*.

## breakfasts and lunches

### EASY GRANOLA PAGE 264

- old-fashioned rolled oats (not quick cooking), 4 cups
- sliced almonds, 1 cup
- shredded coconut, ½ cup (preferably unsweetened)
- unsalted pepitas (hulled pumpkin seeds) or shelled sunflower seeds, ¼ cup
- pure maple syrup, ½ cup
- dried fruit, 1 cup (such as cherries, cranberries, raisins, or currants)
- canola oil, 2 tablespoons
- kosher salt

### SLICED-EGG SANDWICH WITH HERB MAYONNAISE PAGE 176

- eggs, 2 large
- watercress, ½ cup
- parsley, enough for 1 tablespoon chopped
- pumpkin bread, 2 slices
- mayonnaise, 1 tablespoon
- Dijon mustard, 1 teaspoon
- kosher salt and black pepper

## starters and sides

### SWEET PEA AND RICOTTA CROSTINI PAGE 256

- frozen peas, 1 10-ounce package
- scallion, 1
- ricotta, ½ cup
- Parmesan, 1 ounce plus more for topping
- baguette, 16 thin slices (about ½)
- olive oil, 4 tablespoons
- kosher salt and black pepper

### SCALLOPED SWEET POTATOES WITH THYME PAGE 256

- sweet potatoes, 2 medium (1 pound)
- russet potatoes, 2 medium (1 pound)
- thyme, 2 teaspoons leaves
- garlic, 2 cloves
- heavy cream, 2½ cups
- butter, for the foil
- kosher salt and black pepper

## RECIPE KEY

- 30 MINUTES OR LESS
- HEART-HEALTHY
- VEGETARIAN
- ONE POT
- NO-COOK
- FREEZABLE

### CARROT AND APPLE SLAW WITH RAISINS PAGE 258

- carrots, ¾ pound large (2 to 3)
- Granny Smith apples, 2
- cilantro, enough for ¼ cup roughly chopped
- low-fat Greek yogurt or sour cream, ½ cup
- golden raisins, ½ cup
- white wine vinegar, 2 tablespoons
- ground cumin, ½ teaspoon
- kosher salt and black pepper

## dinners

### CHEESY BAKED PASTA WITH SPINACH AND ARTICHOKE PAGE 228

- mezzì rigatoni or some other short pasta, 8 ounces (½ box)
- Parmesan, 1 ounce
- mozzarella, 8 ounces
- frozen creamed spinach, 1 9-ounce package
- artichoke hearts, 1 14-ounce can
- black pepper

### CREAMY CHICKEN AND CORN POT PIE PAGE 229

- rotisserie chicken, 1 2- to 2½-pound
- thyme, 2 teaspoons leaves
- frozen peas, 1 cup
- frozen corn, 1 cup
- frozen puff pastry, 1 sheet (from a 17.3-ounce package)
- corn chowder, 2 14.5-ounce cans
- kosher salt and black pepper

### SWEET AND SOUR CHICKEN WITH CASHEWS PAGE 230

- frozen chicken nuggets, 18 ounces
- snow peas, ½ pound
- chili pepper (such as serrano or jalapeño), 1
- scallions, 2
- celery, 4 stalks
- ginger, 1 1-inch piece
- long-grain white rice, 1 cup
- apricot preserves, ½ cup
- roasted cashews, ½ cup
- low-sodium soy sauce, 2 tablespoons
- cider vinegar, 2 tablespoons
- canola oil, 1 tablespoon

### POTATO-CRUSTED SALMON WITH WATERCRESS SALAD PAGE 231

- skinless salmon fillet, 1¼ pounds, cut into 4 pieces
- watercress, 1 bunch
- radishes, 4 medium
- sour cream, ¼ cup
- frozen shredded hash brown potatoes, 2 cups
- prepared horseradish, 1 tablespoon
- all-purpose flour, 2 tablespoons
- white wine vinegar, 2 tablespoons
- olive oil, 1 tablespoon
- kosher salt and black pepper

### SAUSAGE WITH TANGY CARAWAY CABBAGE PAGE 232

- kielbasa, 1 pound
- coleslaw mix, 1 16-ounce package
- flat-leaf parsley, enough for 2 tablespoons chopped
- onion, 1 large
- bread, for serving
- dry white wine, ¾ cup
- whole-grain mustard, for serving
- white wine vinegar, 2 tablespoons
- olive oil, 2 tablespoons plus 1 teaspoon
- caraway seeds, ½ teaspoon
- kosher salt and black pepper

### MEXICAN MEATBALL SOUP PAGE 233

- ground beef, 1 pound
- avocado, 1
- cilantro, enough for ¼ cup roughly chopped, plus sprigs for serving
- scallions, 2
- tortilla chips, 1 cup, plus more for serving
- mild salsa, 3 cups (about 1½ 16-ounce jars)
- ground cumin, ½ teaspoon
- kosher salt and black pepper

### LINGUINE WITH ASPARAGUS AND PINE NUTS PAGE 238

- linguine, 12 ounces (¾ box)
- asparagus, 2 pounds
- garlic, 4 cloves
- Parmesan, about 3 ounces
- pine nuts, ¼ cup
- olive oil, ¼ cup
- kosher salt and black pepper

### GOUDA CHEESEBURGERS WITH FENNEL-ONION RELISH PAGE 240

- ground beef chuck, 1¼ pounds
- arugula, for serving
- fennel bulb, ½ small
- lemon, 1
- sweet potatoes, 2 pounds medium (about 4)
- red onion, ½ small
- Gouda, 4 ounces
- hamburger buns, 4
- olive oil, 3 tablespoons plus 1 teaspoon
- kosher salt and black pepper

### SEARED LAMB WITH GOLDEN ISRAELI COUSCOUS PAGE 242

- lamb shoulder steaks, 3 (1 inch thick; about 2 pounds total)
- baby spinach, 4 cups (about 4 ounces)
- onion, 1 medium
- saffron, 1 large pinch (optional)
- Israeli couscous, 1¼ cups (also labeled as "pearl" couscous)
- dried apricots, ½ cup
- olive oil, 2 tablespoons
- paprika, 1 teaspoon
- ground cinnamon, ½ teaspoon
- kosher salt and black pepper

### CRISPY TURKEY CUTLETS WITH GREEN BEAN SALAD PAGE 244

- turkey cutlets, 4 thin (about 1 pound total)
- green beans, ¾ pound
- grape tomatoes, 1 cup
- lemons, 2
- eggs, 2 large
- pitted kalamata olives, ½ cup
- all-purpose flour, ¼ cup
- bread crumbs, ⅓ cup
- olive oil, 4 tablespoons
- kosher salt and black pepper

### GLAZED PORK TENDERLOIN WITH PINEAPPLE SLAW PAGE 246

- pork tenderloins, 2 small (about 1½ pounds total)
- red bell pepper, 1
- pineapple, ½ small
- lime, 1
- cilantro, 1 cup sprigs
- jicama, about ¾ pound
- ground chipotle chili pepper, ¼ teaspoon
- ketchup, 3 tablespoons
- honey, 1 tablespoon
- olive oil, 2 tablespoons
- kosher salt and black pepper

### STRIPED BASS WITH OLIVE-ALMOND RELISH PAGE 260

- striped bass, cod, or halibut, 4 6-ounce fillets
- lemon, 1
- flat-leaf parsley, 1 cup leaves
- pimiento-stuffed olives, ½ cup large (about 12)
- unsalted roasted almonds, ¼ cup
- olive oil, 2 tablespoons plus 1 teaspoon
- kosher salt and black pepper

## desserts

### ORANGE-POPPY SEED SHORTBREAD WEDGES PAGE 259

- orange, 1
- unsalted butter, ½ cup (1 stick)
- all-purpose flour, 1 cup
- confectioners' sugar, ½ cup
- poppy seeds, 2 teaspoons
- kosher salt