

august 2009 shopping list

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

30 MINUTES OR LESS HEART-HEALTHY FREEZABLE

STAPLES

- olive oil, regular and extra-virgin
- canola oil
- kosher salt
- black pepper
- all-purpose flour
- granulated sugar
- unsalted butter
- whole milk
- large eggs

dinners

SHRIMP TACOS WITH CITRUS CABBAGE SLAW174

- 1 small head cabbage
- 2 ears corn or one 10-ounce package frozen corn kernels
- 1 jalapeño
- 1 lime
- 1 orange or one 16-ounce container orange juice
- 1 8-count package small flour tortillas
- 1 8-ounce container sour cream
- 1 pound peeled and deveined medium shrimp

GRILLED CHICKEN WITH GREEN BEANS AND TOMATOES176

- 1 head garlic
- 4 plum tomatoes
- 1 pound green beans
- 1 bunch cilantro
- 1 lime
- 4 6-ounce boneless, skinless chicken breasts

ROAST BEEF SALAD WITH GOAT CHEESE AND BALSAMIC VINAIGRETTE178

- 1 red onion
- 2 small heads Boston lettuce
- 1 large beefsteak tomato
- 1 8.5-ounce bottle balsamic vinegar
- 1 8-ounce jar Dijon mustard
- 1 4-ounce package soft goat cheese
- 12 ounces sliced deli roast beef

LINGUINE WITH ZUCCHINI AND CHICKPEAS181

- 1 head garlic
- 3 small zucchini
- 1 small jar crushed red pepper
- 1 pound linguine
- 1 15-ounce can chickpeas
- 2 ounces Parmesan

PORK KEBABS WITH GRILLED PLUMS AND COUSCOUS182

- 1 bunch scallions
- 4 plums
- 1 10-ounce box couscous
- 1 12-ounce bottle white wine vinegar
- 1 12-ounce jar apricot preserves
- 1 1/4 pounds boneless pork loin

desserts

BERRIES AND COCONUT CREAM164

- 2 pounds mixed berries (such as blackberries and raspberries)
- 1 lime
- 1 15-ounce can coconut cream (such as Coco López)
- 1/2 pint heavy cream

PEACH CRISP.....164

- 5 pounds peaches (about 12)
- 1 16-ounce package light brown sugar
- 1 18-ounce package rolled oats
- 5 ounces almonds

BLUEBERRY TART.....167

- 1 pint blueberries (10 ounces)
- 1 lemon
- 1 16-ounce box confectioners' sugar
- 1 8-ounce package cream cheese
- 1/2 pint heavy cream
- 1 16-ounce package frozen puff-pastry sheets

POACHED NECTARINES ...167

- 4 ripe nectarines
- 1 8-ounce jar honey
- 1 small jar cinnamon sticks
- 1 vanilla bean
- 1 bottle sparkling wine

HONEYDEW WITH MINT168

- 1 honeydew melon (about 4 pounds)
- 1 bunch mint
- 1 small jar coarse sea salt

PLUM UPSIDE-DOWN CAKE.....168

- 4 firm, ripe plums
- 1 small bottle pure vanilla extract
- 1 8-ounce can baking powder
- 1 16-ounce box baking soda
- 1 8-ounce container sour cream