

Shopping List by Recipe: January Week #4

Recipe #1: Portobello “Philly Cheese Steak” • 1 tsp extra virgin olive oil • 1 medium onion, sliced • 1 large red bell pepper • 1 tablespoons fresh oregano (or 1 tsp dried) • 1 tablespoon flour • ¼ cup vegetable broth • 1 tablespoon reduced sodium soy sauce • 3 oz thinly sliced reduced fat provolone cheese • 4 whole wheat buns	Recipe #2: Baked Ziti w/Spinach • 1 box Ziti • 28 oz crushed tomatoes • olive oil • 3 cloves garlic • 10 oz frozen spinach • 1 tsp oregano (dried) or 1 tablespoon fresh) • 2 tablespoons fresh basil • 8 oz fat free ricotta • ¼ cup parmesan cheese • 2 cups part skim mozzarella
Recipe #3: Hot Chile Grilled Cheese • 4 poblano peppers • 1 (14oz) can pinto beans • 3 tablespoons prepared salsa • ½ cup shredded Monterey Jack or Cheddar Cheese • 2 tablespoons low fat plain yogurt • 3 scallions, sliced • 2 tablespoons fresh cilantro • 8 slices sourdough bread	Recipe #4: Warm Quinoa Salad • 1 cup Quinoa • 2 cups vegetable broth • 2 cups (10 oz) frozen shelled edamame • 1 tablespoon freshly grated lemon zest • 2 tablespoons lemon juice • 2 tablespoons extra virgin olive oil • 2 teaspoons dried tarragon • ½ cup (3 oz) roasted red peppers (jarred) • ¼ cup chopped walnuts
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Entire Shopping List: January Week #4

Produce	Grains & Legumes
• 1 medium onion (#1) • Garlic - 3 cloves (#2) - 3 cloves (#5) • 4 poblano peppers (#3) • 3 scallions (#3)	• 4 whole wheat buns (#1) • 1 cup quinoa (#4)

• 2 lemons (#4 and #5) - 1 lemon per recipe • 2 tablespoons lemon juice (#4) • 2 oz shiitake mushrooms (#5)	
Dairy	Canned Goods
• 3 oz thinly sliced reduced fat provolone cheese (#1) • 8 oz fat free ricotta (#2) • 2 cups reduced fat mozzarella cheese (#2) • 2 tablespoons low fat plain yogurt (#3)	• 1 box ziti pasta (#2) • 28 oz crushed tomatoes (#2) • 14 oz pinto beans (#3) • 3 tablespoons prepared salsa (#3) • 3 oz jar of roasted red peppers (#4) • 8 oz whole wheat fettuccine (#5) •
Frozen Goods	Miscellaneous
• 10 oz package spinach (#2) • 10 oz shelled edemame (#4)	• on reduced sodium soy sauce (#1) •

crackers
 dried fruit
 hummus
 fresh fruit
 cookies?
 cereal
 milk for drinking and for cheese
 salsa/ chips
 honeygranola bars

 fels naptha
 arm and hammer washing soda