

Shopping List by Recipe: August Week #4

Recipe #1: Paella with Tomatoes <ul style="list-style-type: none">• 3 ½ c veg stock• 1 ½ lbs tomatoes• 1 med. onion• 1 T minced garlic• 1 T tomato paste• lg. pinch saffron• 2 t Spanish paprika• 2 c Spanish or other short grained rice• parsley for garnish	Recipe #2: Chopped Greek Salad with Pita Chips <ul style="list-style-type: none">• 2 pitas• 2 T red wine vinegar• ½ t dried oregano• sm. head lettuce• pint grape tomatoes• green bell pepper• ½ English cucumber• ½ red onion• 15.5 can chickpeas• 4 oz feta• 8 pepperoncinis• ¼ c pitted Kalamatas
Recipe #3: BBQ Lentil Sandwiches <ul style="list-style-type: none">• 2 c veg. broth• 1 c dried lentils• ½ c onion• 1 t minced garlic• ½ c ketchup• ¼ c molasses• 2 T brown sugar• 1 T prepared yellow mustard• 1 T cider vinegar• 6 whole wheat buns	Recipe #4: Zucchini Ricotta Cheesecake <ul style="list-style-type: none">• 2 c (shredded) zucchini• 2 ½ c ricotta• ½ c Parmesan• 2 shallots• 2 cloves garlic• ¼ c fresh dill• zest of 1 lemon• 2 lg. eggs• ⅓ c goat cheese
Recipe #5: Agli -e- Olio <ul style="list-style-type: none">• whole head+ garlic• 1 lb dried pasta• 1+ T crushed red pepper	

Entire Shopping List: August Week #4

Produce	Grains & Legumes
<ul style="list-style-type: none">• 1 ½ lbs tomatoes(#1)• 2-3 onions (#1,3)• garlic (#1,3,4,5)• parsley (#1)• sm. head lettuce (#2)• pint grape tomatoes (#2)• green bell pepper (#2)• English cucumber (#2)• red onion (#2)• 2-3 zucchini (#4)• 2 shallots (#4)• fresh dill (#4)• lemon (#4)	<ul style="list-style-type: none">• 1 lb pasta (#5)• Spanish or other short grain rice (#1)• dried lentils (#3)• 2 pitas (#2)• package whole wheat buns (#3)
Dairy	Canned Goods
<ul style="list-style-type: none">• 4 oz crumbled feta (#2)• 2 ½ c ricotta (#4)• 2 eggs (#4)• goat cheese (#4)• Parmesan (#4,5)	<ul style="list-style-type: none">• 15.5 oz can chickpeas (#2)• tomato paste (#1)• veg. stock (#1,3)
Frozen Goods	Miscellaneous
	<ul style="list-style-type: none">• Spanish/smoked paprika (#1)• saffron (#1)• dried oregano (#2)• brown sugar (#3)• Ketchup (#3)• molasses (#3)• mustard (#3)• cider vinegar (#3)• red wine vinegar (#2)• pitted Kalamatas (#2)• Pepperoncinis (#2)• crushed red pepper (#5)