



Spice It Up!: Session 5

Shopping and Equipment List

Don't forget to check your staples and other ingredients you already have on hand!

Couscous Salad

- Shopping List
 - 1 green bell pepper
 - 2 green onions**
 - 60 mL (¼ cup) fresh herbs (mint, cilantro, and/or parsley)**
 - 2 Bartlett pears
 - 1 lemon
 - 1 clove of garlic**
 - 175 mL (¾ cup) pasteurized feta cheese**
 - 60 mL (¼ cup) canola oil*
 - 250 mL (1 cup) uncooked whole wheat couscous**
 - 2 mL (½ tsp) dried oregano*
 - 2 mL (½ tsp) pepper*
 - Small plates for sampling*
- Equipment List
 - 3 cutting boards
 - Electric skillet
 - 3 knives
 - 2 Mixing bowls (large)
 - 2 Mixing bowls (small)
 - 1 set of dry measuring cups
 - 1 set of measuring spoons
 - 2 spoons
 - Strainer
 - Whisk

Chili

- Shopping List
 - 2 celery stalks**
 - 1 medium onion
 - 1 zucchini
 - 1 green bell pepper



- 150 mL ($\frac{2}{3}$ cup) cheddar cheese**
- 250 mL (1 cup) frozen corn**
- 15 mL (1 tbsp) canola oil*
- 1 can (540 mL) lentils
- 1 can (540 mL) kidney beans
- 1 can (796 mL) diced tomatoes
- 2 mL ($\frac{1}{2}$ tsp) chili powder*
- 2 mL ($\frac{1}{2}$ tsp) pepper*
- 2 mL ($\frac{1}{2}$ tsp) garlic powder*
- Small plates or bowls for sampling*
- Utensils for sampling*
- Equipment List
 - Can opener
 - Cheese grater
 - 4 Cutting boards
 - Electric skillet
 - 4 Knives
 - 1 set of dry measuring cups
 - 1 set of measuring spoons
 - Spoon
 - Strainer

*** Check staples supply.**

****Check fridge/freezer for extra supply.**