



# 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

*Let's Get Cookin'!*

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- 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.

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