



Dinner Delights: Session 4

Shopping and Equipment List

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

Bean Dip

- Shopping List
 - 1 garlic clove**
 - 1 can (540 mL) black beans
 - 150 mL (½ cup) salsa
 - 5 mL (1 tsp) cumin (1 tsp)*
 - 0.5 mL (⅛ tsp) pepper*
- Equipment List
 - Blender (optional)
 - Fork or potato masher
 - Can opener
 - Cutting board
 - Knife
 - Liquid measuring cup
 - Mixing bowl (large)
 - Mixing bowl (medium)
 - Set of measuring spoons
 - Spoon Strainer

Guacamole

- Shopping List
 - 2 ripe avocados
 - ½ medium onion
 - Small tomato
 - 1-2 limes
 - 15 mL (2 tbsp) fresh cilantro**
 - Garlic powder (1/4 tsp)*
- Equipment List
 - Cutting board
 - Fork
 - 3 Knives

Let's Get Cookin'!

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- Mixing bowl (medium)
- Set of measuring spoons
- Small bowl for serving
- Spoon

Pita Pockets

- Shopping List
 - 1 cucumber
 - 2 large tomatoes
 - 1 head of broccoli
 - 1 large carrot
 - 150 mL ($\frac{2}{3}$ cup) cheddar cheese**
 - 5 whole wheat pitas**
 - Small plates for sampling*
- Equipment List
 - 2 cheese graters
 - 3 cutting boards
 - 4 knives
 - 5 mixing bowls (small)
 - Set of dry measuring cups
 - 4 large plates for serving
 - Small plates for sampling
 - 5 spoons
 - Vegetable peeler

Curry with Lentils

- Shopping List
 - 2 cloves of garlic**
 - 15 mL (1 tbsp) fresh ginger (one small knob)
 - 90 mL (3 tbsp) Indian curry paste (mild or Madras)**
 - 1 medium onion
 - 2 medium sweet potatoes
 - 1 small cauliflower (approx. 1L (4 cups))
 - 125 mL ($\frac{1}{2}$ cup) fresh cilantro**
 - Canola oil*
 - 1 can (540 mL) brown lentils
 - 1 can (400 mL) coconut milk
 - 1 mL ($\frac{1}{4}$ tsp) salt*
 - 1 mL ($\frac{1}{4}$ tsp) pepper*
 - Small plates for sampling*
 - Utensils for eating*

Let's Get Cookin'!



- Equipment List
 - Can opener
 - 2 cutting boards
 - Electric skillet
 - 3 knives
 - Liquid measuring cup
 - Set of measuring spoons
 - Large plate for serving
 - Small plates for sampling
 - Strainer
 - Spoon
 - Vegetable peeler

* Check staples supply.

**Check fridge/freezer for extra supply.

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