



# 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



- 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\*



- 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.**