

shopping list



PRODUCE

- Sweet potatoes, 1 lb
- Asparagus, 1 bunch
- Fresh or frozen lime leaves, 2 or lime zest, ¼ teaspoon
- Arugula, 2 cups
- Fresh basil leaves, ½ cup
- Onion, 1½ cups chopped
- Poblano peppers, 1 cup chopped
- Garlic, 7 cloves
- Fresh oregano, 1 tablespoon chopped
- Fresh corn, 1 cup kernels
- H-E-B® Fresh Kale Greens, 1 cup chopped
- Lime juice, 1 tablespoon
- Fresh parsley, 1 tablespoon chopped
- Bell peppers, 4 medium-to-large
- Currants, ½ cup
- Fresh mint, ¼ cup chopped plus more for garnish
- Orange, 1 teaspoon freshly grated zest
- Lemons, 1 tablespoon juice and 4 wedges for serving

PROTEIN

- Mexican-style chorizo, ¾ cup chopped and cooked
- H-E-B® Natural Boneless Skinless Chicken Breasts, 4 boneless skinless (1¼-1½ lbs)
- Ham, ¼ cup chopped (about 1 ounce)
- Ground beef, 1 lb lean (90% or leaner)
- Cod, 1-1¼ pounds, skinned if desired, cut into 4 portions

CONDIMENTS

- Low-fat mayonnaise, ¼ cup
- Thai red curry paste, 2 tablespoons
- Fish sauce, 1 tablespoon

CANNED GOODS

- “Lite” coconut milk, 1 14-ounce can
- H-E-B® Black Beans, 1 15-ounce can
- Kidney beans, 1 15-ounce can

DAIRY

- Gruyère or Swiss cheese, ⅓ cup shredded
- Reduced-fat cream cheese, 2 tablespoons
- Nonfat plain Greek yogurt, ¼ cup

SPICES/HERBS

- Chili powder, 1 tablespoon
- Ground cumin
- Ground cinnamon
- Tarragon, 1 tablespoon chopped
- Cayenne pepper, ¼ tablespoon
- Fresh ground pepper
- Salt

OTHER

- Extra-virgin Olive Oil
- Low-sodium chicken broth, 4 cups
- Whole-wheat breadcrumbs, enough for 1 cup
- Microwavable brown rice, 1 8- to 10-ounce bag
- Low-sodium vegetable juice, 2 ½ cups