

# shopping list



## PRODUCE

- Capers, enough for 2 tablespoons
- H-E-B® Fresh Chopped Cilantro enough for  $\frac{3}{4}$  cup chopped
- Garlic, 4 cloves
- Avocado, 1
- Scallions, 4
- Fresh or frozen corn kernels, enough for 1 cup
- Lime, 2
- Large tomato, 2
- Medium cucumber, 1
- Red onion, 1
- White onion, 1
- Fresh oregano, enough for 1 teaspoon
- Basil, enough for  $\frac{1}{4}$  cup

## PROTEIN

- 4 4-ounce chicken cutlets
- 4 anchovy fillets
- 1 pound large shrimp
- 6 ounces lean ground lamb or ground beef
- 1- $\frac{1}{4}$  pounds boneless, skinless chicken breast
- H-E-B® Responsibly Raised Fresh Atlantic Center Cut Salmon, 1 pound skinned and cut into 4 portions

## CANNED GOODS

- 1 14-ounce can whole tomatoes, undrained
- Canned no-salt-added whole peeled tomatoes, enough for 2 cups
- Kalamata olives, pitted or unpitted
- Black olives, pitted or unpitted
- Chipotle chile in adobo, enough for 1 tablespoon
- H-E-B® Feta Cheese Crumbles, enough for  $\frac{1}{4}$  cup

## SPICES/HERBS

- Crushed red pepper, enough for  $\frac{1}{4}$  teaspoon (optional)
- Fresh ground pepper, enough for  $\frac{1}{4}$  teaspoon
- Kosher salt, enough for 1 teaspoon
- Salt
- Ground cumin, enough for  $\frac{3}{4}$  teaspoon
- Garlic powder, enough for  $\frac{3}{4}$  teaspoon
- Ground cinnamon, enough for 1 teaspoon
- Crumbled dried rosemary or oregano, enough for  $\frac{1}{2}$  teaspoon
- Herbes de Provence, enough for 1 tablespoon
- Paprika, enough for 2 teaspoons

## OTHER

- Olive oil
- Extra-virgin olive oil, enough for 6 tablespoons
- Avocado oil, enough for 3 tablespoons
- Cauliflower rice, enough for 4 cups
- Water
- Red-wine vinegar, enough for 3 tablespoons
- Bucatini pasta or spaghetti, 12 ounces
- Orzo, 12 ounces