

shopping list



PRODUCE

- H-E-B® baby spinach, enough for 8 cups
- Sliced white mushrooms, 8 ounces
- Onion, 1
- Ripe plum tomatoes, 6
- Shredded mixed vegetables, such as “rainbow salad” or “broccoli slaw”, 1-12-ounce bag
- Scallions, 1 bunch
- Mung bean sprouts enough for 2 cups

PROTEIN

- H-E-B® Responsibly Raised Fresh Atlantic Center Cut Salmon, 1¼-1½ pounds skinned
- Pork tenderloin, 1 pound
- Mussels, 3 pounds
- Large eggs, 4

CONDIMENTS

- Maple syrup
- Apricot jam, enough for 3 tablespoons
- Toasted sesame oil, enough for 3 teaspoons
- Reduced-sodium soy sauce
- Hoisin sauce

SPICES/HERBS

- New Mexico red chili powder
- Ground chipotle pepper
- Chili powder
- Garlic cloves, 9
- Crushed red pepper
- Freshly ground pepper
- Chopped fresh parsley, enough for 2 teaspoons
- Minced fresh ginger, enough for 2 teaspoons

CANNED GOODS

- H-E-B® Italian Style Diced Tomatoes, 1 14-ounce can

DAIRY

- Part-skim ricotta cheese, ¾ cup

OTHER

- Canola oil
- Cider vinegar
- Apple cider
- Whole-wheat rotini or fusilli, 8 ounces
- Extra-virgin olive oil
- Dry white wine, enough for 1 cup
- Rice vinegar
- Salt