

Grocery and equipment list for: Pesto chicken and rice, sheet pan shrimp and lentils with broccoli and apple cake

PESTO CHICKEN AND RICE SKILLET – Makes 6 servings

Fridge:

1-1/2 lbs boneless, skinless chicken breast or thighs
 2/3 cups pesto (see ingredient list for homemade version or buy your favourite pesto)

Pantry:

1 cup canned artichoke hearts (or can use frozen) – (Note: you can substitute this with 1 cup chopped fresh zucchini)
 1 large onion
 1 large tomato
 1/4 cup Italian green olives (optional)
 1-1/2 cup long-grain white rice
 2 cups unsalted chicken stock
 3-4 cloves fresh garlic
 Chopped almonds for garnish
 Extra virgin olive oil
 Freshly ground black pepper
 Garlic powder
 Kosher salt
 Paprika

Frozen:

1 cup artichoke bottoms (or can use canned) – I buy these at Longos or Ararat in the freezer section
 (Note: you can substitute this with 1 cup chopped fresh zucchini)

Equipment:

Cutting board
 Food processor or blender
 Knife
 Measuring cups and spoons
 Medium bowl
 Sauté pan with raised edges and lid
 Tongs
 Whisk



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BASIL-PARSLEY PESTO – Makes 2 cups

Fridge:

2 cups fresh basil leaves
2 cups fresh flat-leaf parsley leaves
Lemon (for zest)
1/2 cup whole almonds (or walnuts)
1/2 cup parmesan cheese (or nutritional yeast)
1/4 cup hemp hearts/seeds (or pine nuts)

Pantry:

3-4 cloves fresh garlic
Extra virgin olive oil
Freshly ground black pepper
Kosher salt

Equipment:

Food processor (or blender)
Knife
Measuring cups and spoons



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SHEET PAN SHRIMP AND LENTILS WITH BROCCOLI – Makes 4 servings

Fridge:

2 bunches broccoli (about 7 cups chopped)
1-1/2 lb raw medium or large shrimp, peeled and
deveined (if frozen defrost according to the
package)

Pantry:

1 lemon (for juice)
398 ml can green lentils
Chili powder
Cumin
Extra virgin olive oil
Freshly ground black pepper
Garlic clove
Ground coriander
Kosher salt

Equipment:

Aluminum foil
Can opener
Cutting board
Knife
Large baking sheet
Measuring cups and spoons
Medium bowl
Oven
Oven mitts
Strainer
Trivet



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APPLE CAKE – Makes 8-12 servings

Fridge:

2 large eggs
1/2 cup toasted walnuts (optional)
1/4 cup freshly squeezed orange juice

Pantry:

2 lbs (4 or 5 large or medium) McIntosh (or Honey
Crisp) apples
2 Tbsp coarse sugar (this is often called Turbinado
sugar or Sugar in the raw)
All-purpose flour
Avocado oil (Chosen Foods preferred)
Baking powder
Brown sugar
Cinnamon
Kosher salt
Vanilla
White sugar

Equipment:

9-inch spring-form pan
Cooking spray or oil to grease pan
Measuring cups and spoons
Oven
Oven mitts
Parchment paper
Scissors
Small bowl
Whisk
Wire rack or trivet

