



## Homemade Gnocchi Class Shopping List

Produce	Pantry
2- 2.5.lbs Russet Potatoes	<a href="#">White rice flour</a>
1 ½ lbs mushrooms (any combination of baby bella, button or wild)	<a href="#">Sweet rice flour</a>
3 cloves of garlic	¼ cup dry sherry or white wine
Fresh Thyme (can used dry if not available)	<a href="#">Extra Virgin Olive oil</a>
Chives	<a href="#">Nutritional Yeast</a> (Trader Joe's carries a small bag of Nutritional Yeast)
3 ½ oz. arugula (about ½ a bag or 3 cups) or other green of choice	Truffle Oil (optional)
1 small head radicchio	Sea salt or Kosher salt
2 cups pea tendrils or other <a href="#">microgreens</a> (one bag)	Freshly ground pepper
4 radishes <b>OR</b> 1 watermelon radish	<a href="#">Apple Cider Vinegar</a>
1 bulb fennel	<a href="#">Dijon Mustard</a>
1-2 Meyer lemons (substitute regular lemon)	<a href="#">Organic Raw Honey</a>
Refrigerator	Freezer
2 large eggs	Frozen peas (1 cup) - can use fresh if available
<a href="#">Vegan butter</a>	Optional
Cashew Cream (make by blending ½ cup <a href="#">soaked cashews</a> with ¾ cups water)	<a href="#">Vegan Parmesan</a> (optional)

- All of the above ingredients should be available at Whole Foods. If you wish to buy on Amazon, I have included links. As an Amazon Associate, I may earn a small commission when you purchase through these links.

- When purchasing produce, I always suggest organic when possible. Based on the EWG's dirty dozen, you should try to buy organic greens if at all possible.
- Anytime we use animal protein, I always suggest you choose organic, free range or grass fed. For fish I suggest wild caught small fish whenever possible.
- When roasting or sauteing, I recommend using [avocado oil](#) when possible. I prefer a good organic and cold pressed [olive oil](#) for sauces or to drizzle over already roasted vegetables.