



Online Cooking Class Shopping List

Produce

- 1 small yellow onion
- 4 cloves garlic
- 2 lemons
- 1 bunch parsley
- 1 bunch cilantro
- 1 english cucumber
- 2 red onions
- 1 pint grape tomatoes
- 1 bunch mint
- 1 bunch radishes (optional)

Pantry

- 1 cup [dried chickpeas](#)
- ¼ tsp. Cayenne (optional)
- 2 tsp. cumin
- ½ tsp. coriander
- pinch of cardamom
- salt & pepper
- Baking soda
- Olive oil
- ½ cup tahini
- Red wine vinegar
- Sugar
- ½ cup apple cider vinegar

- In addition to the above, you should have on hand whatever you would like as a base for your bowl. I like about ½ cup cooked brown rice and whatever greens are your favorites. You could also add feta, harissa, cooked black lentils, etc.
- When purchasing produce, I always suggest organic when possible. Based on the EWG's dirty dozen, the most important things to buy organic from this list would be the tomatoes and cucumbers.
- All the above ingredients are available at your local Whole Foods. Other stores will have most, but not all the ingredients. Trader Joes will have all but the dried chickpeas. Do not use canned chickpeas or the falafel will not have the right consistency. I also linked the chickpeas on amazon in case you have difficulty finding them dried.