



Soup, Salad & Something Sweet Class Shopping List

Produce	Pantry (cont.)
1 bunch lacinato(dinosaur) kale	¼ cup quinoa , uncooked
1 bunch green/purple kale	¼ cup hemp hearts OR whole flax seeds
1 large (2 small) delicata squash	¼ cup pepitas OR sunflower seeds
1 medium yellow onion	½ cup pecan pieces
1 medium carrot	1 8oz. bag pecan halves , unsalted
1 large stalk celery	1 8 oz. bag dried cranberries, unsweetened if possible
3-4 cloves garlic	White balsamic vinegar
1 large lemon	½ cup walnut pieces
Fresh rosemary	Extra virgin olive oil
Refrigerated	Shredded unsweetened coconut
1 egg white	¼ cup almond butter
White miso	½ cup pumpkin puree
Pantry	Vanilla extract
2 ½ cups old fashioned rolled oats (GF if needed)	Coconut sugar
1 15 oz. bag dried white beans (great northern, cannelloni or navy), soaked and cooked OR 4 cans white beans	Maple syrup
Avocado oil	Kosher salt & pepper
¼ cup white wine	

- See list of spices we will be using below

Spices we will be using beyond kosher salt & pepper:

White pepper

Pumpkin Pie Spice **OR** cinnamon, ground ginger, nutmeg and allspice

The following spices are for the spiced pecans which you will prepare in advance of class:

Cumin

Cayenne pepper

Paprika

Cinnamon

Coriander

- All of the above ingredients should be available at Whole Foods, Wegmans or other major stores. Many ingredients will be available at Trader Joes,. 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 definitely purchase organic kale and celery 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.