



“Appetizers” Class Shopping List

Produce	Produce (cont.)
8 ears of corn, shucked OR 2-16oz bags frozen corn OR 4 ears corn, shucked and 1 bag frozen	Summer vegetables for flatbread- you don't need much of any of them. Veggies are up to you: summer squash, marinated artichoke hearts, tomato slices, mushrooms, roasted red peppers, etc.
1 yellow onion	Arugula (optional to top flatbread)
3 heads garlic	Pantry
Baby spinach (1 cup)	Chickpea flour
3 jalapenos	Olive oil
1 lime	Onion powder
½ avocado, ripe	Sea salt/kosher salt & pepper
24 oz. pkg baby bella mushrooms	Pesto (store bought or homemade)*
Fresh rosemary (can sub dried)	Breadcrumbs (store bought or homemade)*
Flat leaf parsley	

- All of the above ingredients should be available at Whole Foods, Wegmans or most local stores. 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 spinach and arugula if at all possible. I also suggest organic corn when available.
- 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.

* I highly recommend making these yourself. It is easy to make and much tastier! See prep sheet and video for instructions!