



“Basil Season” Cooking Class Shopping List - for 4 people

Produce	Pantry
2 - 2 ½ oz. containers fresh basil	1 lb. pasta of choice (recommend barilla GF any shape preferably with ridges)
1 head of garlic	4 oz. walnut pieces
2 cucumbers (about 1.5 lbs total)	Nutritional Yeast , any brand
Fresh mint (1 small bunch)	8 oz. olive oil
1 lemon	1 cup raw cashews
2 pints cherry tomatoes	White organic miso (GF if needed)
	Maple syrup
	Pepitas (optional for garnish)
Protein	¼ cup pine nuts
4 pieces of wild salmon	Balsamic vinegar (2 Tbsp.)
	1 14oz. Can artichoke hearts
	Kosher salt and pepper
	Ground cayenne (optional)

- All of the above ingredients should be available at any food store. 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 tomatoes 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.