

Five Easy Dinners

Week 3 shopping list . dinners for the week of October 12

THIS WEEK

Monday	Sticky Ginger Chicken
Tuesday	Turkey Burgers
Wednesday	Cod Piccata
Thursday	Zuppa Toscana
Friday	Asian Glazed Salmon
Treat	Candied Grapes

PRODUCE

- ☐ Garlic, 1 head
- ☐ Fresh ginger, 1 small piece
- ☐ Red bell pepper, 1
- ☐ Green beans, about 1/4 lb (1 cup cut)
- ☐ Small red chili pepper, 1
- ☐ Red onion, 1 small
- ☐ Yellow onion, 1 small
- ☐ Shallot, 1 small
- ☐ Golden potatoes, 4
- ☐ Kale, 1 bunch (4 cups chopped)
- ☐ Carrots, 1 to 2
- ☐ Celery, 1 to 2 stalks
- ☐ Lemon, 1
- ☐ Scallions, 1 bunch
- ☐ Fresh parsley, 1 small bunch (optional, garnish)
- ☐ Seedless grapes, about 1 1/2 lb (3 cups)
- ☐ Lettuce and tomato for the burgers (optional)

MEAT AND SEAFOOD

- ☐ Boneless skinless chicken breast, 1 lb
- ☐ Ground turkey (85/15), 1 lb
- ☐ Cod fillets, 1 lb
- ☐ Italian sausage, 1 lb
- ☐ Salmon fillets, four 5 oz

DAIRY AND EGGS

- ☐ Butter, 1/2 stick
- ☐ Half and half, 1 cup
- ☐ Eggs, 1 large

PANTRY

- ☐ Chicken broth, 7 cups (two 32 oz cartons)
(1 cup for Wednesday's piccata, 6 cups for Thursday's soup)
- ☐ Hamburger buns, 4
- ☐ Light soy sauce, about 1/3 cup
(Monday's ginger chicken and Friday's salmon glaze)
- ☐ Honey, about 1/3 cup
- ☐ Sweet chili sauce, 1/4 cup
- ☐ Hoisin sauce, 2 tablespoons
- ☐ Ketchup, 1/4 cup
- ☐ Worcestershire sauce
- ☐ Rice vinegar, 1 tablespoon plus a splash
- ☐ Capers, 1/4 cup drained (one small jar)
- ☐ Cornstarch, 1/3 cup
- ☐ All-purpose flour, 3/4 cup
- ☐ Plain breadcrumbs, 1/3 cup
- ☐ Granulated sugar, 1 cup
- ☐ Light brown sugar, 1 tablespoon
- ☐ Vegetable oil, olive oil, olive oil spray
- ☐ Sesame seeds (garnish)
- ☐ Garlic powder, onion powder
- ☐ Red chili flakes
- ☐ Kosher salt and black pepper