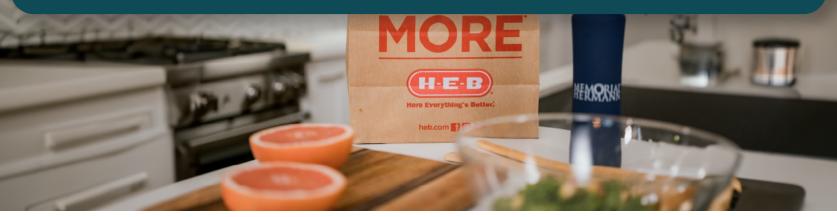
## shopping list



PRODUCE  ☐ H-E-B® baby spinach, enough for 8 cups ☐ Sliced white mushrooms, 8 ounces ☐ Onion, 1	CANNED GOODS  ☐ H-E-B® Italian Style Diced Tomatoes, 1 14-ounce can
<ul> <li>□ Ripe plum tomatoes, 6</li> <li>□ Shredded mixed vegetables,</li> <li>such as "rainbow salad" or</li> <li>"broccoli slaw", 1-12-ounce bag</li> </ul>	<b>DAIRY</b> □ Part-skim ricotta cheese, ¾ cup
<ul><li>☐ Scallions, 1 bunch</li><li>☐ Mung bean sprouts enough for 2 cups</li></ul>	OTHER  ☐ Canola oil ☐ Cider vinegar
PROTEIN  ☐ H-E-B® Responsibly Raised Fresh Atlantic Center Cut Salmon, 1¼-1½ pounds skinned ☐ Pork tenderloin, 1 pound ☐ Mussels, 3 pounds ☐ Large eggs, 4	<ul> <li>□ Apple cider</li> <li>□ Whole-wheat rotini or fusilli, 8 ounces</li> <li>□ Extra-virgin olive oil</li> <li>□ Dry white wine, enough for 1 cup</li> <li>□ Rice vinegar</li> <li>□ Salt</li> </ul>
CONDIMENTS  ☐ Maple syrup ☐ Apricot jam, enough for 3 tablespoons ☐ Toasted sesame oil, enough for 3 teaspoons ☐ Reduced-sodium soy sauce ☐ Hoisin sauce	
SPICES/HERBS  New Mexico red chili powder Ground chipotle pepper Chili powder Garlic cloves, 9 Crushed red pepper Freshly ground pepper Chopped fresh parsley, enough for 2 teaspoons	
☐ Minced fresh ginger, enough	

for 2 teaspoons