

Nutritious Recipes and Cooking Demos with Dietitian Shauna Lindzon Grocery and Equipment list for: One Skillet Spaghetti and Pull Apart Cheesy Garlic Bread

| Fridge: | Equipment: |
|---|--|
| 1 carrot 2 cups fresh spinach 1 lb lean ground beef OR IF MAKING THE VEGETARIAN VERSION you can use 4 cups (2-227- gram packages) button or cremini mushrooms Fresh parsley (for garnish) Grated Parmigiano Reggiano for serving (optional) <u>Pantry:</u> | Cutting board Grater (for carrot and parmesan cheese) Knife Large deep skillet with a lid Liquid measuring cup Measuring spoons Spatula or cooking tongs Stove top burner |
| 28-ounce can San Marzano tomatoes 3 cloves garlic 8 oz spaghetti noodles (1/2 of a 454-gram box) - I use Barilla Dried oregano Fresh ground black pepper Olive oil Red pepper flakes Salt Small yellow onion | |

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| Pull Apart Cheesy Garlic Bread | |
|--------------------------------|--|
| Equipment: | |
| Bread knife | |
| Cutting board | |
| Knife | |
| Microwave | |
| Oven Tinfoil | |
| Pastry brush (optional) | |
| Small microwaveable bowl | |
| Spoon | |
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www.shaunalindzon.com