

Nutritious Recipes and Cooking Demos with Dietitian Shauna Lindzon

Grocery and equipment list:

Pasta with rose sauce, bruschetta, and S'mores Rice Krispie squares

PASTA WITH ROSE SAUCE – Makes 4-6 servings		
Fridge:	Equipment:	
Heavy cream (minimum 10% milk fat)	Blender	
Grated parmesan cheese	Can opener	
Unsalted butter	Dish cloth	
	Large pasta pot	
Pantry:	Large skillet	
	Measuring spoons and measuring cups	
1 box (500 g) favourite shaped pasta – I use penne or	Strainer	
rotini	Tongs or wooden spoon	
1 can (28 oz/796 ml) crushed tomatoes		
1/4 cup vodka (optional)		
2/3 cup shredded mozzarella cheese		
Dried oregano Extra virgin olive oil		
Freshly ground black pepper		
Garlic bulb		
Kosher salt		
Red pepper flakes	MUIR GLEN	
White or yellow onion		
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BRUSCHETTA – Makes 4-6 servings		
Fridge: Fresh basil leaves Pantry: 1 long thin baguette Balsamic vinegar Extra virgin olive oil Freshly ground black pepper Garlic bulb Kosher salt	Equipment: Cutting board Garlic press Knife Measuring cups and spoons Medium baking sheet Medium bowl Oven Oven mitts Parchment paper Pastry brush Spoon	
6 medium-sized Roma tomatoes (about 1-1/2 lbs)	Trivet	

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S'MORES RICE KRISPIE SQUARES – Makes 8-12 squares

Fridge:	Equipment:
Salted butter	9x9 squares or 9x13 rectangular pan
Pantry:	Large pot Measuring cups and spoons
2/3 cup chocolate chunks 400-gram bag of MINI marshmallows (about 8 cups) 6 cups Rice Krispies cereal 6 square graham crackers Cooking spray (or oil) Vanilla extract	Rubber spatula
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www.shaunalindzon.com