



# Grocery and Equipment list:

## Spinach Ricotta Cannelloni with Caesar Salad and Homemade Croutons

### SPINACH RICOTTA CANNELLONI

#### **Fridge:**

¼ cup grated parmesan cheese  
2 cups grated mozzarella cheese  
5 oz (142 g) fresh baby spinach  
500 ml container ricotta cheese  
Fresh parsley  
Green onions  
Milk (any type)

#### **Pantry:**

250 grams box OVEN READY cannelloni shells (I use Unico or Primo)  
3 cups tomato sauce (I like Victoria White Linen Collection from Costco)  
Cooking spray

#### **Equipment:**

9x13 rectangular baking dish  
Foil  
Food processor (if you don't have one, you can chop the mixture by hand)  
Grater (for cheese)  
Knife  
Large saucepan  
Large Ziploc bag (optional to use as a piping bag)  
Measuring cups and spoons  
Oven  
Oven mitts  
Scissors  
Stove top  
Strainer  
Tinfoil  
Tongs  
Trivet



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### CAESAR SALAD

#### Fridge:

3 hearts of Romaine lettuce  
Dijon mustard  
Lemon  
½ - ¾ cup grated parmesan cheese  
Red wine vinegar  
Worcestershire sauce

#### Pantry:

2 medium cloves garlic  
Avocado oil (Chosen Foods brand) or Canola oil  
Ground pepper  
Kosher salt

#### Equipment:

Knife  
Garlic press  
Grater (for cheese)  
Large bowl  
Lemon juice squeezer  
Measuring spoons  
Medium Jar with lid (or large measuring cup with mini spatula to mix dressing)  
Salad serving bowl  
Salad servers  
Salad spinner



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### HOMEMADE CROUTONS

**Fridge:**

Unsalted butter

**Pantry:**

½ loaf day-old multigrain baguette

Extra virgin olive oil

Ground black pepper

Italian seasoning

Kosher salt

**Equipment:**

Baking sheet

Bread knife

Cutting board

Measuring spoons

Medium mixing bowl

Oven

Oven mitts

Parchment paper

Small saucepan

Trivet