

Grocery and equipment list:

Steak fajitas, guacamole, and Key lime pie

STEAK FAJITAS – Makes 4 servings

Fridge:	Equipment:
1 fresh lime	Cutting board
1 sweet bell pepper (any colour)	Gas stove or oven for heating tortillas
Salsa, optional to serve	Knife
Shredded lettuce, optional to serve	Large freezer bag
Shredded cheese, optional to serve	Large non-stick skillet or wok
1-1/2 lb boneless striploin or tenderloin steak	Large plate
	Measuring cups and spoons
	Tongs
Pantry:	
1 medium sweet onion (Vidalia or red)	
1 package small tortillas (8 or more)	
Chili powder	
Cumin	
Extra virgin olive oil	
Garlic powder	
Kosher salt	
Paprika	
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Nutritious Recipes and Cooking Demos with Dietitian Shauna Lindzon

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GUACOMOLE – Makes 1-1/	2 cups
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Fridge:	Equipment:
1 fresh lime	Citrus juicer
1 jalapeno pepper	Cutting board
Fresh cilantro	Fork or masher
	Knife
Pantry:	Measuring spoons
	Medium bowl
2 ripe avocados	
Cumin	
Garlic clove	
Kosher salt or sea salt	
Small red onion	

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KEY LIME PIE – Makes 8 servings

Fridge:

1 cup 35% whipping cream 3 eggs (will only be using the yolks) 8 fresh limes, or a bag of key limes – these will be used to juice the limes and grate the zest. You can buy a few extra just in case the limes aren't juicy!

Pantry:

1 can (300 ml) sweetened condensed milk Graham cracker crumbs (you can substitute this with Oreo crumbs if desired). You will need 1 cup + 2-1/2 tablespoons White sugar



Equipment:

9-inch pie plate Citrus juicer Citrus zester or microplane Medium bowl Oven Oven mitts Rubber spatula Stand up mixer or hand mixer with a bowl Trivet Wire rack





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