

Grocery and equipment list: Tomato burrata plate and apple pomegranate avocado dip

TOMATO BURRATA PLATE – MAKES 4-6 SERVINGS

Fridge:

- 1 fresh lemon (using the zest and juice)
- 1 large ball burrata cheese
- 2 cups fresh tomatoes (heirloom if desired)
- 2-1/2 cups fresh basil leaves
- 1/3 cup pine nuts (or hemp seeds)
- 1/3 cup grated parmesan (or nutritional yeast)

Pantry:

- Crusty bread of your choice, to serve
- Extra virgin olive oil
- Freshly ground black pepper
- Garlic clove
- Good quality balsamic vinegar
- Kosher salt



Equipment:

- Cutting board
- Food processor (or Magic bullet/Nutra bullet)
- Knife
- Large serving platter
- Rubber spatula
- Small skillet
- Spoon

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APPLE POMEGRANATE AVOCADO DIP -MAKES 4 CUPS

Fridge:

1 large fresh jalapeno
1 medium Granny Smith apple
1/2 cup fresh pomegranate seeds
2-3 fresh limes
Fresh cilantro leaves
Fresh flat-leaf parsley

Pantry:

2 ripe avocados
Crackers or pita chips of your choice to serve
*Find my recipe for homemade sesame almond
crackers here:
<https://www.shaunalindzon.com/recipes/almond-sesame-crackers/>
Kosher salt
Small red onion

Equipment:

Citrus juicer
Cutting board
Knife
Large bowl
Spatula
Spoon

