

Grocery and equipment list for salad with carrot miso dressing, sheet pan ramen, and pecan squares

STARTER SALAD WITH CARROT MISO DRESSING – Makes about 1-1/2 cups (serves 4-6)

Fridge:

- 1 carrot
- 1 cup cherry or grape tomatoes
- 1 cup shredded purple cabbage
- 3/4 cup grated carrot
- 3/4 cup sliced cucumber
- 3/4 cup sliced sweet bell peppers (any colour)
- 3/4 cup sugar snap peas
- Small head iceberg or 2 hearts of Romaine
- Yellow or white miso

Pantry:

- 2-inch piece ginger
- Avocado oil (Chosen Foods preferred)
- Clove of garlic
- Freshly ground black pepper
- Honey
- Kosher salt (Diamond Crystal preferred)
- Rice vinegar
- Small yellow onion



Equipment:

- Blender
- Cutting board
- Forks
- Knife
- Measuring cups and spoons
- Serving bowls



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SHEET PAN RAMEN WITH TOFU (OR CHICKEN) AND BOK CHOY – Makes 4 servings

Fridge:

1 large block tofu (about 400-grams) OR 1-1/2 lbs. (2-3 pieces) boneless, skinless chicken breasts
1 large bok choy or 3 medium or 5 small
Green onions (for garnish)

Pantry:

10 oz. Ramen noodles (I use 4 blocks Lotus Foods brown rice/millet)
2-3 garlic cloves
Avocado oil (Chosen Foods preferred)
Hoisin sauce (I use Golden Dragon)
Kosher salt (Diamond Crystal preferred)
Sambal Oelek (garlic chili paste)
Sesame seeds
Sodium reduced tamari
Toasted peanuts or cashews (for garnish)
Toasted sesame oil
Toasted sesame seeds (for garnish)



Equipment:

Cutting board
Kettle
Knife
Large baking sheet
Large bowl
Measuring cups and spoons
Medium bowl
Medium sized container
Oven
Oven mitts
Paper towel
Parchment or aluminum foil (prefer parchment for this recipe)
Strainer
Tongs
Trivet
Whisk



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PECAN CHOCOLATE SHORTBREAD SQUARES

Fridge:

2 Tbsp 35% whipping cream
2-1/2 sticks (1-1/4 cup) unsalted butter

Pantry:

1 cup semi-sweet chocolate chunks (I use President's Choice brand)
2-1/2 cups pecan halves
All-purpose flour
Cornstarch
Honey (I like Farm Boy brand)
Icing sugar
Kosher salt (Diamond Crystal preferred)
Light brown sugar
Vanilla extract

Equipment:

9x9 baking pan (metal preferred)
Food processor (or can use bowl and pastry cutter), but prefer food processor
Knife
Measuring cups and spoons
Medium saucepan
Oven
Oven mitts
Parchment paper
Trivet
Wire rack or trivet to cool square
Wooden spoon or spatula

