

## Grocery and equipment list:

# Sticky skillet chicken, roasted green beans, and apple cranberry cherry crisp

### STICKY SKILLET CHICKEN – Makes 2-3 servings

#### Fridge:

1 lb boneless, skinless chicken thighs (about 6 pieces)  
Green onions  
Low sodium tamari  
Rice vinegar  
Toasted sesame oil

#### Pantry:

1 bulb fresh garlic  
Avocado oil (Chosen Foods) or canola oil  
Brown sugar  
Fresh ginger  
Freshly ground black pepper  
Kosher salt  
Red pepper flakes



#### Equipment:

Cutting board  
Knife  
Large non-stick frying pan  
Large plate  
Measuring spoons  
Small bowl  
Splatter guard or cover for pan, optional  
Tongs





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### ROASTED GREEN BEANS AND SHALLOTS – Makes 3-4 servings

#### Fridge:

1 lb French green beans (or regular string beans, trimmed)  
Fresh thyme leaves  
1 lemon

#### Pantry:

3 shallots  
1 bulb fresh garlic  
Extra virgin olive oil

#### Equipment:

Citrus juicer  
Citrus zester or microplane  
Cutting board  
Large bowl  
Measuring spoons  
Oven  
Oven mitts  
Parchment paper  
Serving bowl  
Trivet

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### APPLE CRANBERRY CHERRY CRISP – Makes 9 servings

#### Fridge:

1 lemon  
2 Gala apples  
2 Granny Smith apples  
Unsalted butter

#### Freezer:

1 cup frozen cherries  
1/2 cup frozen cranberries

#### Pantry:

1/2 cup raw walnuts  
1/2 cup raw whole almonds  
All-purpose flour  
1/2 cup almond flour (if you don't have, substitute all-purpose flour)  
Brown sugar  
Ground cinnamon  
Ground ginger  
Kosher salt  
Large flake oats  
White Sugar

#### Equipment:

9x9 square baking dish  
Measuring cups  
Measuring spoons  
Microwave or stove to melt butter  
Oven  
Oven mitts  
Small dish  
Spatula  
Trivet

