

Grocery and equipment list:

Three cheese pasta bake, Caesar salad and apple cinnamon muffins

THREE CHEESE PASTA BAKE – Makes 9 servings

Fridge:

- 1 Tbsp fresh basil (or 1 tsp dried)
- 1/2 cup grated parmesan cheese
- 2 large eggs
- 3 cups shredded mozzarella cheese
- 450-500 g container ricotta cheese

Pantry:

- 1 box or bag of penne pasta (454-500 grams)
- 1 tsp dried basil (or 1 Tbsp fresh basil)
- 3 cups marinara sauce (I like White Linen from Costco)
- Freshly ground black pepper
- Kosher salt



Equipment:

- 9x13 baking dish
- Cutting board
- Grater
- Knife
- Large pot
- Measuring cups
- Measuring spoons
- Medium bowl
- Oven
- Oven mitts
- Rubber spatula or wooden spoon
- Slotted spoon
- Strainer
- Trivet
- Whisk





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CAESAR SALAD – Makes 6-8 servings

Fridge:

3 hearts of Romaine lettuce
Dijon mustard
1 lemon
1/2 – 3/4 cup grated parmesan cheese
Red wine vinegar
Worcestershire sauce

Pantry:

2 medium cloves garlic
Avocado oil (Chosen Foods) or Canola oil
Freshly ground black 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:

1/2 loaf day-old multigrain baguette
Extra virgin olive oil
Freshly 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

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APPLE CINNAMON MUFFINS – Makes 12

Fridge:

2 large eggs
buttermilk

Pantry:

1 cup applesauce
1 large red apple (Gala, pink lady, etc.)
1/4 cup pecans (can also use walnuts and if allergic can substitute oats)
2 Tbsp unsalted butter
All-purpose flour
Baking soda
Brown sugar
Chosen Foods avocado oil
Ground cinnamon
Large flake oats
Sea salt
Spelt flour (or whole wheat flour, or if have neither substitute with all-purpose flour)
Vanilla extract

Equipment:

12 cup muffin tin
Cooling rack
Cutting board
Knife
Large bowl
Measuring cups
Measuring spoons
Medium bowl
Muffin tin liners (I like Paper Chef)
Oven
Oven mitts
Small bowl
Spoon
Trivet

