

Canadian Living

YOUR GROCERY LIST FOR

Week 1

THIS WEEK'S RECIPES:

Tomato and Cheddar Baked Chicken

Spicy Green Bean and Tofu Stir-Fry

One-Pot Shrimp and Couscous

Grilled Steak and Asparagus Salad

Sausage and Pest Orcciette

Chef's Salad Wrap

*Broiled Salmon With Sweet Corn
and Barley Risotto*

YOU'LL ALSO NEED:

Olive oil

Salt

Pepper

*Italian herb
seasoning*

Smoked paprika

Celery seeds

Garlic powder

Red wine vinegar

Fennel seeds

Balsamic vinegar

Cooking onions

Butter

Dijon mustard

- 1 large sweet onion
- 1 red onion
- 3 green onions
- 7 cloves garlic
- 2 zucchini
- 1 cup grape tomatoes
- 7 cups baby spinach
- 1 bunch asparagus
- 10 cups romaine lettuce
- $\frac{3}{4}$ cup cucumber
- 3 radishes
- 1 cup fresh corn (or frozen corn kernels)
- 1 tbsp fresh chives
- $\frac{1}{4}$ cup fresh chervil
- 1 lemon
- 1 tsp lemon juice
- 450 g boneless skinless chicken breasts
- 450 g deveined peeled medium shrimp
- 450 g beef strip loin grilling steak
- 2 Italian sausages
- 4 thin slices black forest ham
- 4 small skin-on salmon fillets
- $\frac{1}{3}$ cup shredded + 4 slices old Cheddar cheese
- 70 g pepper-coated goat cheese
- $\frac{1}{2}$ cup grated Parmesan
- 4 eggs
- $\frac{1}{4}$ cup sour cream
- 1- $\frac{1}{2}$ cup pasta sauce
- 2 tbsp sun-dried tomato pesto
- $\frac{1}{3}$ cup pesto
- 1 cup sodium-reduced chicken or vegetable broth
- 2- $\frac{1}{2}$ cups vegetable broth
- 1 cup pot barley
- 1 cup couscous
- 340 g orecchiette pasta
- 4 large spinach or whole wheat tortillas
- 1 pkg extra-firm tofu, cut in 1-inch (2.5 cm) cubes
- 1 tbsp (15 mL) cornstarch
- 3 tbsp (45 mL) vegetable oil
- 3 cloves garlic, minced
- 2 green onions, thinly sliced (light and dark green parts separated)
- 1 tbsp (15 mL) minced fresh ginger
- $\frac{1}{3}$ tsp (1 mL) hot pepper flakes
- 2 tbsp (30 mL) tomato paste
- 450 g green beans, trimmed (about 6 cups)
- 1 cup (250 mL) vegetable broth
- 1 tbsp (15 mL) hoisin sauce
- 2 tsp (10 mL) sodium-reduced soy sauce