

# Canadian Living

YOUR GROCERY LIST FOR

# Week 2

## THIS WEEK'S RECIPES:

*Golden Onion Frittata*

*Spinach and Chicken Soup  
With Parmesan*

*Quick Moo Shu Pork*

*Crispy Tortilla Ancho Chicken Salad*

*Broiled Halibut  
With Buttery Tomato Sauce*

*Soy-Ginger Tenderloin Steaks  
With Kimchi Mash*

## YOU'LL ALSO NEED:

*Vegetable oil*

*Cooking onions*

*Saffron threads*

*Salt*

*Pepper*

*Olive oil*

*Cornstarch*

*Granulated sugar*

*Ancho chili*

*powder*

*Butter*

- 12 cloves garlic
- 2 carrots
- 4 cups baby spinach
- 1 tsp + 1 tbsp fresh ginger
- 4 cups coleslaw mix
- 1-1/2 cups shitake mushrooms
- 9 green onions
- 1 sweet pepper
- 3 tbsp lime juice
- 1 tbsp lemon juice
- 1 avocado
- 4 cups leaf lettuce
- 4 cups broccoli florets
- 2 shallots
- 2 plum tomatoes
- ½ cup basil
- 1/3 cup fresh cilantro
- 1 tbsp + 1 tsp fresh thyme
- ¼ cup fresh parsley
- 565 g yellow-fleshed potatoes
- ¾ cup chorizo sausage
- 340 g ground pork
- 1 pkg fresh or thawed jumbo shrimp
- 3 cups rotisserie chicken
- 450 g boneless skinless chicken breasts
- 4 small halibut fillets
- 4 beef tenderloin steaks
- 11 eggs
- ½ cup old Cheddar cheese
- ½ cup Parmesan cheese
- ½ cup milk or 10% cream
- 1 cup whole grain 20-minute rice (such as Uncle Ben's)
- 1-1/4 cup small shell pasta
- 1 cup canned black beans
- 2 cups + 1 pkg sodium-reduced chicken broth
- 3 tbsp seasoned rice wine vinegar
- 4 tsp + 2 tbsp sodium-reduced soy sauce
- 2 tbsp oyster sauce
- 2 tsp sesame oil
- ½ cup kimchi
- 2-1/2 tsp liquid honey
- 15 small flour tortillas
- 1 cup frozen peas
- ½ cup frozen corn kernels