

SHOPPING LIST

CHECK YOUR PANTRY

- Table salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Vegetable oil
- Vegetable oil spray

These common items are used in many recipes.

GREEN BEANS WITH LEMON DRESSING

- ½ teaspoon Dijon mustard
- 1 pound green beans
- 1 lemon

PAN-SEARED CHICKEN BREASTS

- 4 (6- to 8-ounce) boneless, skinless chicken breasts

CHIMICHURRI SAUCE

- 2 tablespoons red wine vinegar
- ¼ teaspoon red pepper flakes (optional)
- 1 cup fresh parsley leaves
- 1 cup fresh cilantro leaves
- 1 garlic clove

Serve the Chimichurri Sauce with the Pan-Seared Chicken Breasts!

ZUCCHINI MUFFINS

- 1 cup (5½ ounces) whole-wheat flour
- 1 cup (5 ounces) all-purpose flour
- 1 cup (7 ounces) plus 2 tablespoons sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1½ pounds zucchini (3 medium or 2 large zucchinis)
- 2 large eggs

BROWN SUGAR COOKIES

- 2 cups plus 2 tablespoons (10⅔ ounces) all-purpose flour
- 1¾ cups packed (12¼ ounces) dark brown sugar
- 1 tablespoon vanilla extract
- ½ teaspoon coarse or flake sea salt

It's included in your box!

- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- 14 tablespoons unsalted butter
- 2 large eggs

BE A SALT FARMER

- ¼ cup distilled or filtered water

