

SHOPPING LIST

CHECK YOUR PANTRY

- Extra-virgin olive oil
- Vegetable oil
- Vegetable oil spray
- Salt
- Pepper

These common items are used in multiple recipes.

These spices are included in your box!

Garam masala
Ground cardamom

CHICKEN FAJITAS

- 1¼ teaspoons chili powder
- ½ teaspoon ground cumin
- 8 (8-inch) flour tortillas
- 4 (3- to 4-ounce) chicken cutlets (½ inch thick)
- 1 large red bell pepper
- 1 onion
- 2 tablespoons chopped fresh cilantro
- 2 limes

SPICE-ROASTED CARROTS

- ½ teaspoon paprika
- ¼ teaspoon ground cinnamon
- ¼ teaspoon garlic powder
- Pinch cayenne pepper (optional)
- 1½ pounds medium carrots with tops
- 1 tablespoon chopped fresh carrot tops, cilantro, mint, or parsley (optional)

CHANA MASALA

- 1½ teaspoons garam masala
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon ground ginger
- ½ teaspoon fennel seeds
- 2 (15-ounce) cans chickpeas
- 1 (14.5-ounce) can whole peeled tomatoes
- 10 sprigs cilantro
- 1 small onion
- 2 garlic cloves

SPICE CAKE

- 1½ cups (7½ ounces) all-purpose flour
- ⅔ cup (4⅔ ounces) sugar
- 2 tablespoons molasses
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves
- ¼ teaspoon ground ginger
- 1 cup unsweetened applesauce
- 8 tablespoons unsalted butter
- 1 large egg

SPICES IN BLOOM

- 4½ teaspoons ground cinnamon

See the Spice Blends for Sprinkling recipe card for the ingredients used to make Pumpkin Spice Blend, Everything Bagel Blend, Za'atar, and Shichimi Togarashi.