

delicious dish

Back to School Family Comfort Food - Sept 22 @5pm-6pm
Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
One Skillet Chicken Pesto Gnocchi	1 butternut squash or 1 box squash cut up 1 small onion 1 large clove garlic 2 boneless chicken breasts 2 boneless chicken thighs 1 450gm package of gnocchi (store bought) ¼ cup pesto (with cheese or no cheese) 4 handfuls baby spinach	Olive oil ¾ cup no-sodium chicken stock	Skillet	n/a
Arugula Salad with Delicata Squash, Candied Pecans and Medjool Dates	1 delicata squash (or acorn squash) 1-2 boxes baby arugula 1 small log goat cheese (optional)	2 cups sunflower seeds (not toasted) Pure maple syrup Best quality aged balsamic vinegar Olive oil 6 medjool dates	cookie sheet	oven 400