

delicious dish

Take it Down Tuesdays – Chicken and Rice – Virtual Cooking Class
October 6 @ 5:00 pm - 6:00 pm
Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
almond crusted baked chicken tenders	2 pounds of chicken scaloppini or chicken tender 3-4 eggs	Rice flour Almond flour (use tiger nut flour if nut allergic) Almonds (use hemp hearts, sunflower seeds or pine nuts if nut allergic) Paprika Granulated garlic Granulated onion (or onion powder) Cooking spray	Baking sheet Parchment paper	n/a
smokey chipotle ketchup	1 pint cherry tomatoes, about 2 cups 1 onion 8 medjool dates 2 cloves garlic	Chipotle pepper from a can or tomato paste Apple cider vinegar Low sodium tamari, soy or coconut aminos	Blender Baking tray	n/a
cauliflower rice with leeks, peas and sun-dried tomatoes	1 red onion 1 leek 1 cup peas, fresh or frozen (not defrosted if frozen) 3 cups riced cauliflower or 1 cauliflower	Olive oil oil packed sun dried tomatoes	Large sauté pan Food processor if your need to rice the cauliflower	Rice cauliflower