



**Kill-it with your Skill-et**  
**Dinner Saganaki and Dip**  
**Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
<b>skillet shrimp saganaki</b>	1 small fennel bulb Fresh garlic 1 small can (14 oz/400g) chopped tomatoes or canned cherry tomatoes Fresh parsley Greek feta 1½-2 lb. large shrimp (16-20 size), peeled and deveined or 2 lb. firm skinless white fish (cod, halibut), salmon	Breadcrumbs (dry or fresh, not panko) White wine Extra virgin olive oil	Skillet	Have all ingredients ready and washed if necessary
<b>melitzanosalata - greek eggplant dip</b>	2 large eggplants 1 red pepper 1 long red chili pepper Fresh garlic 1 red onion Fresh parsley 1 lemon Feta cheese	Extra virgin olive oil Pitted kalamata olives Ground cumin	Grill or oven	Have all ingredients ready and washed if necessary