

delicious dish

Italian Comfort Food - Lightly Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
weeknight skillet chicken cacciatore	4 boneless skinless chicken breast butterflied or split halfway through in the thickness (you will have 8 chicken pieces) 1 large cooking onion Fresh garlic 1 red pepper 1 green pepper 1 hot green pepper 227g/8oz package of sliced mushrooms	15 g/ ½ ounce (½ cup) dried mushrooms, I like porcini Kosher salt Pepper Italian seasoning Flour (an kind) Olive oil Red pepper flakes or Calabrian peppers or bomba (Italian chili pepper paste in oil), optional Tomato paste 1 796ml/28 oz can crushed tomatoes Masala wine or red wine or even white wine will do Balsamic vinegar Flaked sea salt	Large skillet	Have all ingredients ready
smashed crispy crusted Brussels Sprouts	About 900g/2 lb Brussels sprouts Grated asiago, parmesan or even mozzarella cheese	Extra virgin olive oil Granulated garlic Kosher salt or sea salt	Cookie sheet Foil	Clean and trim the Brussels sprouts
perfect roasted spaghetti squash	1 large spaghetti squash	Olive oil or avocado oil spray Kosher salt Pepper	Cookie sheet Foil	