

THE SHOPPING LIST

GROCERY BAG: WEEKEND DINNERS

SLOPPY JOE SLIDERS

- 3/4 pound ground beef sirloin
- 1 can tomato puree
- mustard powder
- 16 party-size potato rolls

LOADED SWEET-POTATO SKINS

- 4 medium sweet potatoes
- low-fat buttermilk
- 4 slices bacon
- reduced-fat sour cream

SPINACH ARTICHOKE DIP

- 1 can artichoke hearts in water
- 1 bar reduced-fat cream cheese
- 1 package frozen chopped spinach
- raw vegetables, for dipping

LIGHTER BROWNIE SUNDAE

- unsweetened cocoa powder
- unsweetened applesauce
- 4 ounces bittersweet or semisweet chocolate
- 1 pint vanilla frozen yogurt
- sliced almonds
- shredded coconut

STAPLES

- oil: olive, vegetable
- cider vinegar
- large onion
- scallions
- garlic
- lemon
- sugar: dark-brown, granulated
- flour: all-purpose, whole-wheat
- baking powder, baking soda
- pure vanilla extract
- cayenne pepper
- sweet paprika
- large egg
- grated Parmesan