

THE SHOPPING LIST

GROCERY BAG: MEALS IN 25 MINUTES OR LESS

PRODUCE

- 3 bunches flat-leaf spinach (about 3 pounds)
- 10 ounces white mushrooms
- 2 medium onions (1 red, 1 yellow)
- 1 plum tomato
- 2 baking potatoes
- 1 shallot
- 3 mixed bell peppers
- 2 carrots
- 2 garlic cloves

MEAT/POULTRY/SEAFOOD

- 8 chicken cutlets (about 1 1/2 pounds total)
- 1 pound ground beef chuck
- 1 pound frozen large shrimp (peeled and deveined)
- 2 ounces thinly sliced Genoa salami

MISCELLANEOUS

- Dry white wine
- 1/4 cup pitted Kalamata olives
- 1/4 cup golden raisins
- 1/2 loaf sour dough bread
- Peperoncini
- 1 bag (1 pound) brown lentils
- 2 cans (14 1/2 ounces each) reduced-sodium vegetable broth

DAIRY

- 2 ounces fontina cheese
- 2 ounces Parmesan
- 4 large eggs

SPICE RACK

- Coarse salt and ground pepper
- Dried bay leaf
- Cayenne pepper

STAPLES

- Long-grain white rice
- Olive oil
- Red-wine vinegar
- Dijon mustard
- 8 ounces capellini pasta (angel hair)