



MAKE IT FUN HEALTH

Daring Adventure Cooking Jam - Week 3 Grocery List

Brown Rice

1. Any whole grain brown rice - including a quick cooking rice you can make in the microwave - is fine. Avoid products that say things like “enriched, multigrain, made with whole grains,” etc.

Summer Corn Salad

1. Fresh corn on the cob, frozen corn, or canned corn (low or no salt)
2. Small tomatoes such as cherry or grape varieties
3. Fresh herbs or spices such as basil or cilantro
4. Cucumber (optional)
5. Slice of lime or lemon (optional)

Popcorn

1. Popcorn kernels. The ingredient list should only say popcorn.
2. Cinnamon or...
3. Nutritional Yeast
4. Optional (raisins)
5. Small brown paper bag (if cooking in microwave)

Cajun Corn

1. Your choice of corn on the cob, fresh corn, or canned corn (low or no salt)
2. Your choice of frozen veggies or...
3. Mirepoix - onion, carrots, and celery - or...
4. Holy trinity - Onion, green-bell pepper, celery, plus one clove of garlic
5. A no-salt cajun spice blend such as one made by Dash or Dak's - you can also make your own
6. A few splashes of plant-based milk (such as the cashew milk from week 1 - if you plan to make more, add raw cashews or cashew chips to your list).

Cajun Spice Blend (Or a premade, salt-free blend as mentioned above)

1. Smoked paprika
2. Garlic powder
3. Onion powder
4. Oregano
5. Thyme
6. Celery Seed
7. Black pepper
8. Cayenne Pepper

Grain Bowl

1. Brown Rice - or any other whole grain you like such as farro, kamut, spelt, rye, or whole wheat berries
2. Any fresh or frozen veggies you want or a mirepoix or holy trinity (see the cajun corn above - you don't need to make a second batch)
3. Herbs and Spices - We'll use turmeric, smoked paprika, cumin, and black pepper, but feel free to experiment and use any combination of herbs and spices you like
4. Anything else you want including beans, lentils, sprouts, corn, fresh fruit (such as grapes, chopped apples, or chopped pears), a sprinkle of nuts, seeds, or raisins, etc).

You can do it when you make it fun!