



# MAKE IT FUN HEALTH

## Daring Adventure Cooking Jam - Week 4 Grocery List

### Produce

- **Onions:** 2 or 3
- **Carrots:** 1 bunch or bag
- **Celery:** 1 bunch
- **Garlic:** 1 head / bulb
- **Lemons:** 2
- **Greens:** 2 cups fresh spinach or kale
- **Tomatoes** - 2 fresh tomatoes **or** 14-oz can diced tomatoes
- **1 cucumber and 1 bell pepper** - Optional - to dip into the hummus

### Pantry, Dry Goods & Canned

- **Dry Red Lentils:** 1 bag - other colors are fine too, but red lentils cook faster
- **Dry Navy Beans:** 1 bag - for the navy beans
- **Dry or Canned Navy Beans:** 1 bag **or** 15 oz can - for the hummus
- **Tomatoes:** 2 or 3 fresh **or** 14 oz can diced tomatoes
- **Tahini:** 1 jar

### Spice Rack & Kitchen Staples

- **Ground Cumin**
- **Smoked Paprika**
- **Dried Oregano**
- **Black Pepper**

## Choose Your Own Adventure - Optional Swaps

- **For Flavor Swaps:** Italian seasoning, curry powder, limes, apple cider vinegar, red wine vinegar, or white wine vinegar.
- **For Soup:** Corn, mushrooms, potatoes, sweet potatoes, Swiss chard, bok choy, or broccoli.
- **For Hummus:** Sunflower seed butter, cashew butter, 1 ripe avocado, fresh dill, parsley, basil, or roasted red peppers.

**You can do it when you make it fun!**