

real food^{WITH} Sarah

EASY EVERYDAY RECIPES

PRODUCE

- Yellow onion — 1 medium
- Shallots — 2
- Garlic — 12 cloves
- Lemons — 4
- Limes — 2
- Cremini mushrooms — 8 ounces
- Fresh parsley — 1 bunch
- Fresh cilantro — 1 small bunch
- Lettuce — for serving
- Mango — 1 large
- Red onion — 1 small
- Jalapeño — 1

MEAT/ PROTEIN

- Thin-sliced chicken breasts — 4 pieces
- Ground pork — 1 pound
- Ground chicken — 1 pound
- White fish (cod or haddock) — 1 pound

DAIRY/EGGS

- Butter — 6 to 8 tablespoons
- Heavy cream or coconut milk — 2.5 cups
- Parmesan cheese — 1.5 cups
- Eggs — 3

PANTRY

- Bucatini pasta — 12 ounces
- Rigatoni pasta — 12 ounces
- Fettuccine pasta — 12 ounces
- Olive oil — 6 tablespoons
- Chicken broth — 2 cups
- Tomato paste — 1/2 cup
- Calabrian chili paste — 1 teaspoon
- Flour — 1/2 cup
- Panko breadcrumbs — 1 cup
- Capers — 2 tablespoons
- Paprika — 1 teaspoon
- Garlic powder — 1 teaspoon
- Red pepper flakes — 1/2 teaspoon
- Salt — to taste
- Black pepper — to taste
- Cooking spray
- Tortillas — 8 count

ALCOHOL

- Dry Marsala wine — 3/4 cup
- Dry white wine — 1/2 cup