

# real food<sup>WITH</sup> Sarah

EASY EVERYDAY RECIPES

## PRODUCE

- Baby gold or red potatoes — 1 lb
- Fresh green beans — 8 oz
- Cherry or grape tomatoes — 1 pint
- Cucumber — 1 medium
- Red onion — 1 small
- Fresh garlic — 2 heads
- Lemons — 2
- Fresh dill — 1 bunch
- Fresh parsley — 1 bunch
- Shallot — 1 small (pasta)
- Spring peas — 1½ cups fresh, or 1 bag (10 oz) frozen

## MEAT/ PROTEIN

- Boneless, skinless chicken thighs — 4 pieces (about 1.5 lb)
- Sirloin steak — 1 lb
- Pancetta, diced — 4–6 oz
- Salmon fillets — 1–1¼ lb
- Ground turkey, 90% lean — 1 lb

## DAIRY/EGGS

- Butter — 6 tablespoons
- Heavy cream — 1 cup
- Parmesan cheese — block or pre-grated, to taste
- Feta cheese, crumbled — ½ cup

- Greek yogurt, plain full-fat — 1 cup
- Eggs — 1

## PANTRY

- Whole grain mustard — ⅓ cup
- Honey — ¼ cup
- Orecchiette pasta — 8 oz
- Kalamata olives, pitted — ½ cup (1 small jar)
- Artichoke hearts, canned — ½ cup
- Panko breadcrumbs — ¼ cup
- Extra virgin olive oil
- Garlic powder — small jar
- Onion powder — small jar
- Dried oregano — small jar
- Salt
- Black pepper
- Cooking spray