

## Spring Grocery List #3 (does not include side dish suggestions)

Spanish Chicken & Rice \* Corned Beef & Cabbage \* Costa Rican Beans \*  
Gorgonzola and Vegetable Pasta \* Spicy Baked Fish

### Produce

4 medium potatoes (Corned Beef & Cabbage)  
4 medium carrots (Corned Beef & Cabbage)  
9 small onions (Corned Beef & Cabbage, Costa Rican Beans)  
3 medium parsnips (Corned Beef & Cabbage)  
2 medium rutabagas (Corned Beef & Cabbage)  
1 small cabbage (Corned Beef & Cabbage)  
1 green pepper (Costa Rican Beans)  
1 mild chili pepper (Costa Rican Beans)  
3 large tomatoes (Costa Rican Beans, Gorgonzola and Vegetable Pasta)  
8 oz spinach (Gorgonzola and Vegetable Pasta)  
lemon juice (Gorgonzola and Vegetable Pasta, Spicy Baked Fish)

### Meat, Poultry, & Fish

3 boneless chicken breast halves (Spanish Chicken & Rice)  
1 (3-4lb) corned beef brisket (Corned Beef & Cabbage)  
3 oz cooked ham (*deli ham is fine*) (Costa Rican Beans)  
1 lb firm boneless whitefish fillets (Spicy Baked Fish)

### Dairy

Sharp reduced fat cheddar cheese (optional) (Spanish Chicken & Rice)  
Fat free sour cream (optional) (Spanish Chicken & Rice)  
4 oz crumbled Gorgonzola cheese (Gorgonzola and Vegetable Pasta)  
Butter (Spicy Baked Fish)

### Pasta, Rice, & Legumes

1 pkg. Spanish rice mix (Spanish Chicken & Rice)  
Rice (Costa Rican Beans)  
16 oz rotini noodles (Gorgonzola and Vegetable Pasta)

### Baking Aisle

olive oil (Gorgonzola and Vegetable Pasta)  
½ cup pine nuts (*these may be cheaper in the bin section*) (Gorgonzola and Vegetable Pasta)

### Canned

2 (15oz) cans black beans (Spanish Chicken & Rice, Costa Rican Beans)  
1 (15oz) can diced tomatoes (Spanish Chicken & Rice)

### Spices and seasonings

Salt  
pepper  
rosemary (Spicy Baked Fish)  
basil (Spicy Baked Fish)  
cayenne pepper (Spicy Baked Fish)  
garlic powder (Spicy Baked Fish)

### Mexican

Salsa (optional) (Spanish Chicken & Rice)