

## Winter Grocery List #49 (does not include side dish suggestions)

Quick Mexi-Chicken & Rice \* Minestrone Stew \* Scallop Lo Mein  
Pork & Potato Supper \* Olive-Stuffed Chicken

### Produce

1 bunch green onions (*Quick Mexi-Chicken & Rice, Scallop Lo Mein*)  
2 onions (*Minestrone Stew, Pork and Potato Supper*)  
2 carrots (*Minestrone Stew*)  
1 zucchini (*Minestrone Stew*)  
1 lime (*Scallop Lo Mein*)  
1 lb. asparagus (*Scallop Lo Mein*)  
1 red bell peppers (*Scallop Lo Mein*)  
garlic (*Scallop Lo Mein*)  
parsley (*Pork and Potato Supper*)  
3 potatoes (*Pork and Potato Supper*)

### Meat, Poultry, & Fish

8 boneless chicken breast halves (*Quick Mexi-Chicken & Rice, Olive-Stuffed Chicken*)  
3 oz turkey pepperoni (*Minestrone Stew*)  
1 lb. sea scallops (*bay scallops are fine to substitute*) (*Scallop Lo Mein*)  
4 Pork steaks (about 6 oz each) (*Pork and Potato Supper*)

### Dairy

Parmesan cheese (optional) (*Minestrone Stew*)  
4 oz reduced fat cream cheese (*Olive-Stuffed Chicken*)

### Pasta, Rice, & Legumes

instant rice (*Quick Mexi-Chicken & Rice*)  
elbow macaroni (*Minestrone Stew*)  
6 oz vermicelli (*Scallop Lo Mein*)

### Baking Aisle

olive oil  
flour (*Pork and Potato Supper*)  
seasoned bread crumbs (*Olive-Stuffed Chicken*)

### Canned

42 oz canned diced tomatoes (*Minestrone Stew*)  
2 cans (16 oz each) kidney beans (*Minestrone Stew*)

### Soups and Packaged Mixes

chicken bouillon granules (*Quick Mexi-Chicken & Rice, Minestrone Stew, Pork and Potato Supper*)

### Frozen

10 oz frozen spinach (*Minestrone Stew*)

### Spices and seasonings

Salt  
Pepper  
garlic powder (*Quick Mexi-Chicken & Rice, Minestrone Stew*)  
basil (*Minestrone Stew*)  
oregano (*Minestrone Stew, Olive-Stuffed Chicken*)  
Paprika (*Pork and Potato Supper*)

### Condiments

Hot pepper sauce (*Scallop Lo Mein*)  
1 (4 oz) can sliced black olives (*Olive-Stuffed Chicken*)

### Asian

soy sauce (*Scallop Lo Mein*)  
Sesame oil (*Scallop Lo Mein*)

### Mexican

1 (16 oz) jar Salsa (*Quick Mexi-Chicken & Rice*)

### Non-Food Items

Toothpicks (*Olive-Stuffed Chicken*)