

Winter Grocery List #52 (does not include side dish suggestions)

*Corn & Potato Chowder * Linguine with Gorgonzola Sauce * Glazed Chicken Breasts
Mini Meat Loaf Burgers * Seafood & Yellow Rice*

Produce

2 onions *(Corn and Potato Chowder, Seafood & Yellow Rice)*
2 large russet potatoes *(Corn and Potato Chowder)*
1 bunch fresh asparagus *(Linguine w/Gorgonzola Sauce)*
garlic *(Seafood & Yellow Rice)*

Meat, Poultry, & Fish

Turkey bacon *(Corn and Potato Chowder)*
4 boneless chicken breast halves *(Glazed Chicken Breasts)*
1 lb. lean ground beef *(Mini Meat Loaf Burgers)*
8 oz uncooked shrimp *(Seafood & Yellow Rice)*
8 oz bay scallops *(Seafood & Yellow Rice)*

Dairy

fat-free half & half *(Corn and Potato Chowder, Linguine w/Gorgonzola Sauce)*
4 oz Gorgonzola or other blue cheese *(Linguine w/Gorgonzola Sauce)*
16 oz reduced fat cheddar cheese *(Mini Meat Loaf Burgers, Chicken Stuffing Casserole)*

Pasta, Rice, & Legumes

12 ounces linguine *(Linguine w/Gorgonzola Sauce)*
rice *(Seafood & Yellow Rice)*

Baking Aisle

¼ cup chopped walnuts *(Linguine w/Gorgonzola Sauce)*
olive oil *(Seafood & Yellow Rice)*

Frozen

32 oz frozen corn *(Corn and Potato Chowder)*
10 oz frozen peas *(Seafood & Yellow Rice)*

Soups and Packaged Mixes

chicken bouillon granules *(Corn and Potato Chowder, Seafood & Yellow Rice)*
dry onion soup mix *(Glazed Chicken Breasts)*

Spices and seasonings

ground thyme *(Corn and Potato Chowder)*
cayenne pepper *(Corn and Potato Chowder)*
pepper *(Corn and Potato Chowder, Seafood & Yellow Rice)*
sea salt *(Corn and Potato Chowder)*
salt *(Linguine w/Gorgonzola Sauce, Seafood & Yellow Rice)*
garlic powder *(Mini Meat Loaf Burgers)*
turmeric *(Seafood & Yellow Rice)*

Condiments

fat free Catalina salad dressing *(Glazed Chicken Breasts)*
Simply Fruit apricot spread (or similar) *(Glazed Chicken Breasts)*
ketchup *(Mini Meat Loaf Burgers)*