

Shopping list for Carrots Demonstration

Below are the minimum amounts needed to prepare the recipes as written for the demonstrations. These recipes generally are scaled for 4-6 full sized servings. Figure that a serving might be 3-4 samples for taste testing. Therefore, this shopping list will buy the food needed to provide samples to 12-24 people. If you anticipate seeing more than that number of people, scale the shopping list accordingly.

Carrots Shopping List

- 1 ½ pound bag of carrots
- 1 cup cauliflower or broccoli florets
- 1 green, yellow, or red pepper
- 4 whole wheat pita pockets
- 1 small bag celery
- ½ cup fat free dressing
- 2 tablespoons lemon juice
- 1 tablespoon canola oil
- 1 tablespoon sugar
- ¼ teaspoon dried dill
- 2 tablespoons butter
- 2 tablespoons brown sugar
- ½ teaspoon ground ginger
- 1 tablespoon Dijon mustard
- Salt
- Pepper