

Shopping list for Tomato 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.

Tomato Shopping List

- 4 medium-large tomatoes
- 2 small onions
- 4 ounce can green chilies
- 1 cup corn
- 1 whole wheat pita
- 4 eggs
- ½ cup shredded reduced-fat mozzarella cheese
- 1 cup brown rice
- ½ teaspoon dried oregano
- 1/8 teaspoon cayenne pepper
- ½ teaspoon chili powder
- 3 tablespoons fresh cilantro
- 1 teaspoon dried basil
- ½ cup shredded reduced-fat mozzarella cheese
- ½ teaspoon sugar
- salt
- pepper