

Chicken Challenge Shopping List

What follows is a shopping list to make five meals from one (4 ½ lb) chicken. Quantities listed below are for each meal to prepare enough food for 2 people. You may double, triple, or quadruple quantities as needed. Be sure to review the “additional items” list that starts below and continues on the next page for additional grocery needs. Items are grouped by where they are typically located in the grocery store.

Produce

2 celery ribs
2 small carrots
½ medium yellow onion
flat leaf parsley (enough for 1 tablespoon minced)
cilantro (enough for ¼ cup of leaves)
3 green onions
1 red or yellow onion
4 shiitake mushrooms
1 (1/2-inch) piece of fresh ginger
7-8 large collard green leaves
1 large garlic clove

Dairy

4 large eggs
4 tablespoons butter (if making own pie dough)
+ 3 tablespoons (if not using reserved chicken fat)
Refrigerated Store-bought Pie dough (if not planning to make your own)
½ cup grated mozzarella (about 3 ounces)
½ cup grated gouda (about 3 ounces)

Meat

1 (4 ½ lb) whole chicken

Baking

¼ cup walnuts or pecans
about 2 ¼ cups all purpose flour (plus 2/3 cup flour if making own pie dough)
1 package (2 ¼ teaspoons) active dry yeast
Cornmeal, enough for dusting the pizza peel

pinch of granulated sugar

Spices, Oils, and Vinegars

1 teaspoon white wine vinegar
2 ½ tablespoons olive oil
2 tablespoons vegetable oil
Salt
Freshly ground black pepper

Other

Canned whole artichoke hearts (only need 2)
4 cups less-sodium chicken broth (if not making carcass stock)
1 tablespoon sweet pickle relish
¼ cup mayonnaise
kitchen twine (optional)
1/3 cup BBQ sauce (I used stubb's – pick a favorite)
½ tablespoon soy sauce
3 ounces dried Udon noodles

Frozen

½ cup frozen peas

Additional items:

- Don't forget to cook a vegetable (or two) and a grain to pair with the roasted chicken.

- A nice salad would make a perfect accompaniment to the chicken pot pie and the BBQ pizza. Consider buying ingredients to make a salad and dressing.

**This shopping list is for the Chicken Challenge on Minced blog
(www.mincedblog.com).**

- Do you want to eat your chicken salad over mixed greens or do you prefer it on sandwich bread? Buy accordingly. Do you want to serve it with fruits or chips?
- I served the noodle bowl on its own, but consider serving some orange wedges or pineapple slices as a refreshing accompaniment.
- Do you want dessert? Beer or wine?

**This shopping list is for the Chicken Challenge on Minced blog
(www.mincedblog.com).**