



# ! GREECE

## Shopping List

### Meat

- 1 lb boneless, skinless chicken breasts

### Dairy/Refrigerator/Freezer

- 16 oz phyllo dough
- 1 1/4 cups unsalted butter or 2 1/2 sticks
- 5 oz feta cheese
- 2/3 cup plain yogurt

### Produce

- 1/2 teaspoon dill weed
- 2 cups lemon juice
- 4 cloves garlic
- 1 small red onion
- 1 cup cucumber
- 4 zucchini squash (about 2 lb)
- 1 bunch fresh parsley
- 2 teaspoons fresh tarragon (or 1 teaspoon dried)

### Canned/Jarred

- 1 (15 oz) can garbanzo beans

### Bread

- 4 whole pita breads
- Optional pita chips/crackers for hummus

### Spices/Baking

- 8 tablespoons olive oil
- 1 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup granulated sugar
- 1/2 cup honey
- 1 lb (about 4 cups) chopped walnuts
- 1 teaspoon ground mustard
- 1 teaspoon dried oregano



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