Shopping List

Meat

• 4 boneless pork chops

Dairy/Refrigerator/Freezer

- 3 eggs
- 1/4 cup milk
- 1/2 cup whipping cream
- 3/4 cup sour cream
- 3 tablespoons plain yogurt
- 4 tablespoons unsalted butter
- 1 sheet thawed puff pastry

Produce

- 3 Granny Smith apples
- 1 teaspoon lemon juice
- 1 onion
- 1 cup fresh mushrooms, sliced
- 2 English cucumbers
- 2 strands fresh dill or 2 teaspoons dried dill

Spices/Baking

- 1 teaspoon vanilla
- 1/2 cup light brown sugar
- 1 teaspoon ground cinnamon
- 3 cups all purpose flour
- 1 tablespoon coarse sugar (optional)
- 3 tablespoons sugar
- 2 1/2 teaspoon salt
- Coarse salt, optional
- 1/2 teaspoon pepper
- 1/4 teaspoon ground paprika
- 6 tablespoons plain breadcrumbs
- 6 tablespoons olive oil
- 2 tablespoons apple cider vinegar (can substitute with lemon juice)
- 1 pouch active dry yeast
- 1/4 cup baking soda



The contents of this document are those of the author and do no necessarily represent the official position of or endorsement by the Centers for Disease Control and Prevention.



