

Mother Son Cooking Event

INGREDIENT SHOPPING LIST

- CHICKEN BREAST (OR CUT OF CHOICE)
- YUKON GOLD OR RED SKIN POTATOES
- ASPARAGUS
- ONIONS
- CARROTS
- ONE LEMON
- SMALL BUNCH OF FRESH BASIL
- ONE BUNCH OF ITALIAN PARSLEY
- ONE HEAD OF GARLIC
- PUMPKIN SEEDS OR FAVORITE NUT OF CHOICE

IN YOUR PANTRY

- OLIVE OIL OR SUBSTITUTE
- SALT
- PEPPER

