

SHOPPING LIST

Cajun Chicken and Pasta with a Garden Salad

Items from Store

Items from Pantry

PRODUCE

- Onion; 2 small
- Garlic; 2 cloves
- Red Pepper; 1 large
- Roma Tomatoes; 2 medium
- Salad Greens
- Fresh Vegetables for Salad

MEATS

- Boneless, Skinless Chicken;
approx 1 lb

DRY GOODS

- Rotini Pasta; 8 oz

SAUCES/CONDIMENTS

- Olive Oil

DRY GOODS

- Cajun Seasoning Mix (optional)

MISC.

- Vegetable Broth (optional)