



# SHOPPING LIST

## CAULIFLOWER GNOCCHI WITH CRISPY ZUCCHINI & WHIPPED GOAT CHEESE:

### Produce

- *Cauliflower - 16 oz of florets*
- *Zucchini or summer squash - 2*
- *Shallots - 2*
- *Basil - ½ cup chopped*
- *Thyme - 2 TBS*
- *Lemon - 1*
- *Garlic - 2 cloves*

### Dairy/Refrigerated

- *Parmesan - 1 ¼ cups grated*
- *Goat Cheese - 8 oz (can substitute Feta)*
- *Butter - 2 TBS*

### Canned Goods/Grains/Staples

- *Panko breadcrumbs - 1 cup*
- *EVOO (extra virgin Olive Oil) - ½ cup*
- *All-purpose Flour (or Gluten Free Flour) - 1 cup*
- *Red Pepper Flakes - pinch (optional)*
- *Salt & Pepper*