

# BEFORE YOU START: SESSION THREE

## Equipment list

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 3 medium mixing bowls
- Measuring cups and spoons
- Tasting spoons
- 1 sanitizer towel with sanitizer solution  
(1 Tbsp of bleach mixed with 4 cups of water)
- Grill or grill plate
- Tongs
- Large sauté pan
- Small saucepan
- Spatula
- Potato masher

## Advanced prep list

Please complete the following items before class begins.

- Wash all produce items.

## Shopping list

Produce	Dry	Dairy
1 large zucchini	8 tortillas of your choice	8 oz block cheddar cheese
1 large yellow squash	1 cup red lentils	
1 red bell pepper	Avocado oil	
4 oz baby spinach		
2 avocados		