

**NOHFH & JBJ Soul Kitchen Toms River: Food Love Home Virtual Cooking Class- June 16th 6:30pm**

**Ingredient/Equipment List**

**Salad:**

* Spinach
* Strawberries
* Red Onion
* Walnut

**Dressing:**

* Mint
* Lime
* White Wine Vinegar
* Olive Oil
* Honey
* Strawberry Preserves
* Salt + Pepper

**Entrée:**

* Chicken Breast
* Asparagus

**Marinade:**

* Lime
* Dijon Mustard
* Honey
* Olive Oil
* Soul Seasoning
* Salt + Pepper

**Pasta Salad:**

* Bowtie Pasta
* Roasted Red Peppers
* Red Onion
* Grape Tomatoes
* Arugula
* Olive Oil
* Feta Cheese
* Salt + Pepper

**Salsa:**

* Watermelon
* Cantaloupe
* Lime
* Basil
* Salt

**Dessert:**

* Graham Crackers
* Cream Cheese
* Marshmallow Fluff
* Chocolate Sauce
* Mini Morsels

**Equipment:**

* Grill or Grill Pan
* Blender or Bullet (For Dressing)
* Cutting Board & Knife
* (2) Large Pots to Boil Water (Pasta & Blanching)
* (2) Large Mixing Bowls
* Strainer
* Plastic Wrap
* Meat Mallet
* Small Mason Jars/Cups for Dessert
* Tongs/Mixing Spoons/Whisks
* Measuring Cups/Spoons