





A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association







## **Shopping List**

## **Produce**

- 2 sweet potatoes
- 1 pound Brussels sprouts
- 1 red onion

## **Meat/Poultry**

4 chicken thighs, bone-in

## **Center aisles\***

- Quinoa, white or tricolor
- 16 ounces vegetable broth, without salt (or water)
- Canola oil
- Kosher salt
- Pepper
- Balsamic vinegar
- Italian seasoning
- Paprika

<sup>\*</sup>You may already have some of these items in your pantry