



Get Cooking with Rian Wallace and The Trust

Shopping list

Everything you need to whip up:

+ Baked ravioli with marinara dipping sauce + Chicken piccata stir-fry

Refrigerated ingredients

- 1 lb skinless boneless chicken breasts
- 9 oz store-bought refrigerated cheese ravioli
- 1 large egg
- 1/3 cup grated Parmesan

Fresh produce

- 2 cups fresh green beans
- 1 lemon
- 1 medium shallot
- 2 tbsp parsley
- 1 tbsp minced garlic

Pantry staples

- 3/4 cup jarred fat-free marinara sauce
- 1/2 cup fat-free chicken broth
- 3 tbsp dry sherry
- 4 tsp peanut or vegetable oil
- 1 tbsp low-sodium soy sauce
- 1 tbsp capers
- 2 tsp cornstarch
- 1 tsp dried oregano
- 3/4 tsp salt
- 1/4 tsp black pepper
- *optional: rice to serve with dinner