

GROCERY SHOPPING LIST
FOR: Crustless Greek Quiche

Meat

1-pound ground lamb

Produce (Vegetables & Fruit)

fresh mint, small bunch

2 cloves garlic/buy 1 bulb

1 small onion

2 Roma tomatoes or 1 can diced tomatoes

4 cups fresh spinach, small bag

1 English cucumber

1 fresh lemon

fresh dill, small package

fresh rosemary, 1 sprig

Dairy

16 ounces whole milk or carton half and half

2 ounces sour cream, small carton

4 eggs

14 ounces plain Greek yogurt

Refrigerated

1 cup/8 ounces Feta cheese

Canned Goods

1 jar Kalamata olives

1 small bottle white wine vinegar

1 can diced tomatoes (if you don't buy fresh)

Baking & Spices

sea salt

black pepper

dried oregano

dried rosemary

dried minced onion

1 small box Bisquick

General Merchandise

9 or 10-inch deep dish pie plate or 9-inch square baking pan