



## Shopping List for UC Tech Workshop

ITEM	QUANTITY	POSSIBLE SUBSTITUTION
Boneless skinless chicken breast	2 lbs	2 - 14oz cans of jackfruit
Kosher salt	½-1 tsp	Sea salt, table salt
Black pepper	½-1 tsp	White pepper
Brown sugar	¼ cup	Sugar in the raw, honey, coconut sugar
Chili powder (California, New Mexico, or regular red chili)	2 tsp	Okay to omit
Garlic powder	1 tsp	Fresh garlic
Onion powder	1 tsp	Minced onion
Dry mustard powder	½ tsp	Yellow or Dijon mustard
Reduced sugar ketchup	1 ½ cups	Any ketchup you like
Apple cider vinegar	3 Tb	Red wine vinegar, rice vinegar, etc.
Worcestershire sauce	2 tsp	Be sure to buy a generic brand with no anchovies if you want the vegan version
Whole wheat burger buns	4-6	Any burger or sandwich bread you like
Green cabbage	1 cup shredded	Napa or savoy cabbage
Purple cabbage	½ cup shredded	Radicchio or endive
Carrot	1	Okay to omit
Jalapeno	1	Serrano or habanero, okay to omit
Mayonnaise	2/3 cup	Vegenaise
Onion	¼ cup minced (about ¼ onion)	Any color onion okay
White vinegar	2 Tb	White wine or champagne vinegar
Sugar	1 cup + 1 Tb	
All-Purpose Flour	1 ½ cups	Gluten free flour blend
Baking powder	2 tsp	
Plain Greek yogurt	1 cup	Can use low-fat or whole-fat
Eggs	3 large	Flax eggs made from flaxmeal and water
Almond extract	1 ½ tsp	Vanilla extract
Vegetable oil	½ cup	Canola oil, safflower oil
Strawberries	1 lb (at least 2 ¼ cups)	Raspberries could work
Powdered sugar	2 cups	This is for a glaze on top of the cake, omit if desired

