

CHILI GARLIC PASTA WITH ROASTED CAULIFLOWER



GROCERY LIST

WILDTREE PRODUCTS

- Rancher Steak Rub
- Garlic Galore Seasoning Blend

PRODUCE

- Parsley, ¼ cup chopped
- Cauliflower, 1 head
- Lemon, 1

BREAD/PASTA/RICE/FLOUR

- Rigatoni, 12 ounces

DAIRY

- Parmesan cheese, 1/4 cup grated
- Butter, unsalted, 5 tablespoons

MISCELLANEOUS

- Oil, 2 tablespoons
- Crushed red pepper flakes, ¼ teaspoon

5 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 40 MINUTES

Per Serving: 470 Calories (kcal) | 20 Fat (g) | 9 Saturated Fat (g) | 62 Carbohydrates (g)
4 Fiber (g) | 7 Sugar (g) | 14 Protein (g) | 35 Cholesterol (mg) | 340 Sodium (mg)

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INGREDIENTS

- 1 head cauliflower
- 2 tablespoons oil (Wildtree Roasted Garlic Grapeseed Oil recommended)
- ½ teaspoon Rancher Steak Rub
- 1 ½ tablespoons Garlic Galore Seasoning Blend, divided
- 12 ounces rigatoni
- 5 tablespoons unsalted butter
- ¼ teaspoon crushed red pepper flakes
- ¼ cup chopped parsley
- 1 lemon, zested
- ¼ cup grated parmesan cheese

KITCHEN TOOLS

- Measuring cups
- Measuring spoon
- Knife
- Cutting board
- Sheet pan
- Strainer
- Saucepan
- Whisk
- Rubber spatula
- Zester

CHILI GARLIC PASTA WITH ROASTED CAULIFLOWER

STEP-BY-STEP DIRECTIONS



1 Preheat oven to 425°F. Break the cauliflower into florets. Toss with oil, **Rancher Steak Rub**, and 1 tablespoon **Garlic Galore Seasoning Blend**. Spread in an even layer on a sheet pan and bake for 20 minutes or until browned and crisp, stirring halfway through cook time.



2 Meanwhile, cook pasta according to package directions. Reserve ¾ cup of the pasta water. Drain pasta and set aside.



3 Melt butter in a saucepan over medium heat. Add remaining ½ tablespoon **Garlic Galore Seasoning Blend** and crushed red pepper flakes. Cook for 30 seconds.



4 Whisk in reserved pasta water and parsley.



5 Stir in pasta, roasted cauliflower, and lemon zest.



6 Garnish with parmesan cheese.



GREEK TURKEY BURGERS



GROCERY LIST

WILDTREE PRODUCTS

- Garlic Galore Seasoning Blend
- Rancher Steak Rub

PROTEIN

- Ground turkey, lean, 1 pound

PRODUCE

- Spinach, ½ cup
- Cucumber, small, 1
- Fresh dill, 1 tablespoon
- Bibb lettuce, 8 leaves
- Red onion, 1/2

BREAD/PASTA/RICE/FLOUR

- Hamburger buns, 5

DAIRY

- Feta cheese, ½ cup crumbled
- Greek yogurt, ½ cup

MISCELLANEOUS

- Sundried tomatoes, ¼ cup
- Dijon mustard, 1 tablespoon

5 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 10 MINUTES

Per Serving: 350 Calories (kcal) | 13 Fat (g) | 4 Saturated Fat (g) | 32 Carbohydrates (g) | 2 Fiber (g)
9 Sugar (g) | 28 Protein (g) | 70 Cholesterol (mg) | 780 Sodium (mg)

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INGREDIENTS

- 1 pound lean ground turkey
- ½ cup spinach, chopped
- ¼ cup sundried tomatoes, chopped
- ½ cup crumbled feta cheese
- 1 tablespoon Dijon mustard
- **1 tablespoon Garlic Galore Seasoning Blend**
- **½ teaspoon Rancher Steak Rub**
- 1 small cucumber
- ½ cup Greek yogurt
- **1 teaspoon Garlic Galore Seasoning Blend**
- **¼ teaspoon Rancher Steak Rub**
- 1 tablespoon fresh dill, minced
- 5 hamburger buns
- 8 leaves Bibb lettuce
- ½ red onion, sliced

KITCHEN TOOLS

- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Mixing bowls
- Grill or grill pan
- Spatula
- Grater

GREEK TURKEY BURGERS

STEP-BY-STEP DIRECTIONS



1 In a bowl, combine ground turkey, spinach, sundried tomatoes, feta, Dijon mustard, 1 tablespoon **Garlic Galore Seasoning Blend**, and 1/2 teaspoon **Rancher Steak Rub**. Refrigerate mixture while you prepare the tzatziki sauce.



2 Half the cucumber and scrape out the seeds. Grate the cucumber halves.



3 Combine shredded cucumber with Greek yogurt, remaining 1 teaspoon **Garlic Galore Seasoning Blend**, remaining ¼ teaspoon **Rancher Steak Rub**, red wine vinegar, and dill.



4 Shape ground turkey mixture into 5 patties (about ½ cup mixture per patty). Heat grill or grill pan over medium heat. Clean and grease the grill grates. Cook burgers for about 5 minutes on each side, or until completely cooked through: 165°F.



5 Grill or toast buns if desired.



6 Serve burgers on buns with tzatziki sauce, lettuce, and sliced red onion.

LASAGNA SOUP



GROCERY LIST

WILDTREE PRODUCTS

- Lasagna Skillet Meal Seasoning

PROTEIN

- Ground beef, lean, 1 pound

PRODUCE

- Yellow onion, 1
- Red bell pepper, 1
- Parsley, ¼ cup chopped

BREAD/PASTA/RICE/FLOUR

- Pasta, small shape, 2 cups

DAIRY

- Whole milk ricotta cheese, 1 cup
- Parmesan cheese, ½ cup grated
- Mozzarella, 1/2 cup shredded

MISCELLANEOUS

- Tomato sauce, no salt added, 1 (28 ounce) can
- Diced tomatoes, no salt added, 1 (14.5 ounce) can
- Chicken broth, low sodium, 3 cups



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Kymberley Pekrul

6 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 25 MINUTES

Per Serving: 460 Calories (kcal) | 13 Fat (g) | 7 Saturated Fat (g) | 49 Carbohydrates (g)

5 Fiber (g) | 15 Sugar (g) | 36 Protein (g) | 75 Cholesterol (mg) | 820 Sodium (mg)

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INGREDIENTS

- 1 pound lean ground beef
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 1 (28 ounce) can no salt added tomato sauce
- 1 (14.5 ounce) can no salt added diced tomatoes
- 3 cups low sodium chicken broth
- **1 bag Lasagna Skillet Meal Seasoning**
- 2 cups pasta, small shape
- 1 cup whole milk ricotta cheese
- ½ cup grated parmesan cheese
- ¼ cup chopped parsley
- ½ cup shredded mozzarella

KITCHEN TOOLS

- Knife
- Cutting board
- Large saucepan
- Measuring cups
- Measuring spoons
- Rubber spatula or wooden spoon
- Mixing bowl
- Ladle

LASAGNA SOUP

STEP-BY-STEP DIRECTIONS



1 Heat a large saucepan over medium-high heat. Add beef, onion, and red bell pepper; cook until beef is browned.



2 Stir in tomato sauce, diced tomatoes, chicken broth, and **Lasagna Skillet Meal Seasoning**; bring to a boil.



3 Add pasta, reduce heat, and simmer for about 10-15 minutes or until pasta is tender.



4 Meanwhile, mix together ricotta, parmesan, and parsley.



5 Divide soup among bowls. Top with shredded mozzarella and ricotta mixture.

SHRIMP TACOS WITH MANGO SALSA



GROCERY LIST

WILDTREE PRODUCTS

- Taco Seasoning

PROTEIN

- Shrimp, raw, 1 pound

PRODUCE

- Mango, 1
- Red bell pepper, 1
- Red onion, ½ small
- Lime, 1 (zested and juiced)
- Cilantro, ¼ cup
- Green cabbage, 2 cups shredded

BREAD/PASTA/RICE/FLOUR

- Flour tortillas, 8 (6-inch)

DAIRY

- Sour cream, 2 tablespoons

MISCELLANEOUS

- Mayonnaise, 2 tablespoons
- Oil, 1 tablespoon

4 SERVINGS | PREP TIME: 15 MINUTES | COOK TIME: 5 MINUTES

Per Serving: 490 Calories (kcal) | 17 Fat (g) | 3.5 Saturated Fat (g) | 53 Carbohydrates (g)

4 Fiber (g) | 18 Sugar (g) | 31 Protein (g) | 175 Cholesterol (mg) | 820 Sodium (mg)

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INGREDIENTS

- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- 1 tablespoon water
- **1 tablespoon Taco Seasoning**
- 1 mango, diced
- 1 red bell pepper, diced
- 1/2 small red onion, diced
- 1 teaspoon lime zest
- 1 lime, juiced
- 1/4 cup cilantro, chopped
- 1 pound raw shrimp, peeled and deveined
- **1 tablespoon oil (Wildtree Natural Grapeseed Oil recommended)**
- **1 1/2 tablespoons Taco Seasoning**
- 8 (6-inch) flour tortillas
- 2 cups shredded green cabbage

KITCHEN TOOLS

- Knife
- Cutting board
- Mixing bowls
- Measuring cups
- Measuring spoons
- 10-inch nonstick skillet
- Tongs
- Whisk

SHRIMP TACOS WITH MANGO SALSA

STEP-BY-STEP DIRECTIONS



1 Whisk together mayonnaise, sour cream, water, and 1 tablespoon **Taco Seasoning**. Set aside.



2 To make mango salsa, combine mango, red bell pepper, red onion, lime zest, lime juice, and cilantro in a bowl. Season with salt and pepper if desired.



3 Pat shrimp dry. Toss with oil and remaining 1 1/2 tablespoons **Taco Seasoning**.



4 Heat a 10-inch nonstick skillet over medium-high heat. Add shrimp and sauté until cooked through.



5 Warm tortillas if desired.



6 Fill tortillas with shredded cabbage and shrimp. Top with mango salsa and drizzle with the mayonnaise/sour cream mixture.

SKILLET CHICKEN WITH MUSHROOM CREAM SAUCE



GROCERY LIST

WILDTREE PRODUCTS

- Garlic Galore Seasoning Blend
- Rancher Steak Rub

PROTEIN

- Chicken breasts, boneless skinless, 5 (4 ounce) each

PRODUCE

- Vegetable of choice, for serving
- Mushrooms, 8 ounces sliced
- Red onion, ½

DAIRY

- Butter, unsalted, 2 tablespoons
- Heavy cream, ½ cup

MISCELLANEOUS

- Oil, 2 tablespoons
- Chicken broth, low sodium, ¾ cup
- Dijon mustard, 1 teaspoon
- Cornstarch, 2 teaspoons

5 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

Per Serving: 330 Calories (kcal) | 22 Fat (g) | 10 Saturated Fat (g) | 5 Carbohydrates (g) | 1 Fiber (g)
2 Sugar (g) | 28 Protein (g) | 120 Cholesterol (mg) | 390 Sodium (mg)

**Nutrition information does not include optional vegetable of choice.*

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INGREDIENTS

- 5 (4 ounce) boneless skinless chicken breasts
- 2 tablespoons oil (Wildtree Roasted Garlic Grapeseed Oil recommended)
- 1 tablespoon Garlic Galore Seasoning Blend
- 2 tablespoons unsalted butter
- 8 ounces sliced mushrooms
- ½ red onion, finely diced
- 1 teaspoon Rancher Steak Rub
- ¾ cup low sodium chicken broth
- ½ cup heavy cream
- 1 teaspoon Dijon mustard
- 2 teaspoons cornstarch
- 2 tablespoons water

KITCHEN TOOLS

- Knife
- Cutting board
- Meat mallet
- 10-inch skillet
- Tongs
- Rubber spatula or wooden spoon
- Measuring cups
- Measuring spoons
- Whisk

SKILLET CHICKEN WITH MUSHROOM SAUCE

STEP-BY-STEP DIRECTIONS



1 Pound chicken to ¼-inch thickness. Rub with oil and season with **Garlic Galore Seasoning Blend**. Heat a 10-inch skillet over medium heat. Add the chicken and cook for about 3-4 minutes on each side or until golden brown and cooked through: 165°F. Transfer chicken to a plate and cover to keep warm.



2 Add the butter to the now empty pan and heat until melted. Add mushrooms, onion, and **Rancher Steak Rub**; sauté for 5-7 minutes or until tender.



3 Add chicken broth and stir to deglaze pan, scraping up any brown bits on the bottom of the pan.



4 Reduce heat to medium-low. Stir in heavy cream and Dijon mustard. Bring sauce to a simmer. Whisk together cornstarch and water. Stir into sauce.



5 Add the chicken back to the pan. Cook for about 5 minutes or until chicken is heated through and sauce has thickened.



6 Serve chicken with mushroom cream sauce and your favorite vegetable.

TACO CHICKEN SALAD



GROCERY LIST

WILDTREE PRODUCTS

- Taco Seasoning

PROTEIN

- Chicken breasts, boneless skinless, 1 pound

PRODUCE

- Romaine hearts, 3
- Red onion, ½
- Red bell pepper, 1
- Cilantro, ½ cup

DAIRY

- Sour cream, ½ cup
- Milk, 3 tablespoons

MISCELLANEOUS

- Black beans, 1 (15.5 ounce) can
- Corn, 1 (8 ounce) can
- Lime juice, 4 tablespoons

OPTIONAL TOPPINGS

- Shredded cheddar cheese
- Avocados
- Tomatoes



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Kimberley Pekrul

5 SERVINGS | PREP TIME: 20 MINUTES | COOK TIME: 10 MINUTES

Per Serving: 320 Calories (kcal) | 12 Fat (g) | 3.5 Saturated Fat (g) | 26 Carbohydrates (g)

8 Fiber (g) | 6 Sugar (g) | 28 Protein (g) | 65 Cholesterol (mg) | 380 Sodium (mg)

**Nutrition information does not include optional toppings.*

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INGREDIENTS

- 1/2 cup sour cream
- 1/2 cup chopped cilantro, divided
- 4 tablespoons lime juice, divided
- **2 teaspoons Taco Seasoning**
- 3 tablespoons milk
- 1 (15.5 ounce) can black beans, drained and rinsed
- 1 (8 ounce) can corn, drained
- 1/2 red onion finely, diced
- 1 red bell pepper, diced
- 1 pound boneless skinless chicken breasts
- **2 tablespoons oil (Wildtree Natural Grapeseed Oil recommended)**
- **1 tablespoon Taco Seasoning**
- 3 romaine hearts, chopped
- Optional toppings such as cheddar cheese, avocados, and tomatoes

KITCHEN TOOLS

- Measuring cups
- Measuring spoons
- Mixing bowls
- Knife
- Cutting board
- Can opener
- Strainer
- Meat mallet
- Grill/grill pan/or 10-inch nonstick skillet
- Tongs

TACO CHICKEN SALAD

STEP-BY-STEP DIRECTIONS



1 Prepare dressing by whisking together sour cream, ¼ cup cilantro, 2 tablespoons lime juice, 2 teaspoons **Taco Seasoning**, and milk until smooth. Set aside.



2 Toss together beans, corn, red onion, red bell pepper, remaining ¼ cup cilantro, and remaining 2 tablespoons lime juice. Season with salt and pepper if desired. Set aside.



3 Pound chicken breasts to ½-inch thickness. Coat chicken breasts with oil and season with remaining 1 tablespoon **Taco Seasoning**.



4 Heat a 10-inch nonstick skillet over medium heat. Add chicken breasts and cook for about 5 minutes on each side or until cooked through: 165°F. Transfer to a cutting board to rest. Slice.



5 Serve sliced chicken over romaine. Top with bean mixture and prepared dressing. Can be served with additional toppings such as diced tomatoes, avocado, shredded cheddar cheese, etc.

TACO LOADED WEDGES



GROCERY LIST

WILDTREE PRODUCTS

○ Taco Seasoning

PROTEIN

○ Ground beef, lean, 1 pound

PRODUCE

○ Russet potatoes, 4

DAIRY

○ Cheddar cheese, 1 1/2 cups
shredded

MISCELLANEOUS

○ Oil, 2 tablespoons

OPTIONAL TOPPINGS

○ Tomatoes, 2
○ Avocado, 1
○ Scallions, 2
○ Sour cream, 1/2 cup
○ Salsa, 1/2 cup



5 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 40 MINUTES

Per Serving: 590 Calories (kcal) | 32 Fat (g) | 13 Saturated Fat (g) | 44 Carbohydrates (g) | 7 Fiber (g)

5 Sugar (g) | 34 Protein (g) | 105 Cholesterol (mg) | 660 Sodium (mg)

**Nutrition information includes optional toppings.*

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INGREDIENTS

- 4 russet potatoes
- 2 tablespoons oil (Wildtree Natural Grapeseed Oil recommended)
- 2 tablespoons Taco Seasoning
- 1 pound lean ground beef
- 4 teaspoons Taco Seasoning
- ½ cup water
- 1 ½ cups shredded cheddar cheese

OPTIONAL TOPPINGS:

- 2 tomatoes, diced
- 1 avocado, diced
- 2 scallions, sliced
- ½ cup sour cream
- ½ cup salsa

KITCHEN TOOLS

- Knife
- Cutting board
- Sheet pan
- Parchment paper
- Mixing bowl
- Measuring spoons
- Measuring cups
- 10-inch nonstick skillet
- Rubber spatula or wooden spoon
- Grater

TACO LOADED WEDGES

STEP-BY-STEP DIRECTIONS



1 Preheat oven to 400°F. Line a sheet pan with parchment paper and grease. Cut potatoes into wedges.



2 Toss with oil and 2 tablespoons **Taco Seasoning**. Spread in an even layer on prepared sheet pan. Bake for 40 minutes, flipping halfway through cooking, until tender and crisp.



3 Meanwhile, heat a 10-inch nonstick skillet over medium-high heat. Add the ground beef and cook until completely brown. Add remaining 4 teaspoons **Taco Seasoning** and water and bring the mixture to a boil while stirring constantly. Reduce the heat to low and simmer for 5 minutes.



4 Once potato wedges are done cooking, remove from oven, top with cooked taco meat and cheddar cheese. Return to oven and cook for 5 minutes or until cheese is melted.



5 Finish with toppings such as diced tomatoes, avocado, scallions, sour cream, and salsa.

ZUCCHINI ROLLATINI



GROCERY LIST

WILDTREE PRODUCTS

- Lasagna Skillet Meal Seasoning
- Garlic Galore Seasoning Blend
- Rancher Steak Rub

PROTEIN

- Italian sausage, 1 pound

PRODUCE

- Zucchini, 2 large
- Fresh basil, ¼ cup

DAIRY

- Whole milk ricotta cheese, 15 ounce container
- Parmesan, ½ cup shredded
- Fresh mozzarella, 4 ounces

MISCELLANEOUS

- Tomato sauce, no salt added, 1 (28 ounce) can



5 SERVINGS | PREP TIME: 30 MINUTES | COOK TIME: 20 MINUTES

Per Serving: 510 Calories (kcal) | 29 Fat (g) | 16 Saturated Fat (g) | 28 Carbohydrates (g) | 5 Fiber (g)
14 Sugar (g) | 38 Protein (g) | 90 Cholesterol (mg) | 1360 Sodium (mg)

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INGREDIENTS

- 1 pound Italian sausage
- 1 (28 ounce) can no salt added tomato sauce
- 1 bag **Lasagna Skillet Meal Seasoning**
- 15 ounce container whole milk ricotta cheese
- ½ cup shredded parmesan
- 1 **tablespoon Garlic Galore Seasoning Blend**
- ½ **teaspoon Rancher Steak Rub**
- 2 large zucchini
- 4 ounce fresh mozzarella, diced
- ¼ cup fresh basil

KITCHEN TOOLS

- Cast iron skillet, or oven safe skillet
- Rubber spatula or wooden spoon
- Can opener
- Cutting board
- Knife
- Mandolin or vegetable peeler
- Measuring cups
- Measuring spoons
- Mixing bowl

ZUCCHINI ROLLATINI

STEP-BY-STEP DIRECTIONS



1 Preheat oven to 425°F. Heat a 12-inch oven safe skillet over medium heat. Add Italian sausage and sauté until browned. Stir in tomato sauce and **Lasagna Skillet Meal Seasoning**. Remove pan from heat.



4 Lay 2 strips of zucchini side by side lengthwise, overlapping slightly, on a working surface. Place 1 tablespoon of ricotta mixture near the top of the strips and roll zucchini. Place seam side down in the skillet with the sauce. Repeat with remaining zucchini strips and ricotta.



2 In a bowl, combine ricotta, parmesan, **Garlic Galore Seasoning Blend**, and **Rancher Steak Rub**. Set aside.



5 Top zucchini with mozzarella. Bake for 15-20 minutes or until cheese is melted and zucchini is tender.



3 Trim ends from the zucchini. Using a vegetable peeler or a mandoline, cut zucchini into ¼-inch thick strips. You should have about 40 strips.



6 Garnish with fresh basil.

WEEK 1

Greek Turkey Burgers | Lasagna Soup | Taco Chicken Salad | Chili Garlic Rigatoni with Roasted Cauliflower

WILDTREE PRODUCTS

- Garlic Galore Seasoning Blend
- Rancher Steak Rub
- Lasagna Skillet Meal Seasoning
- Taco Seasoning

PROTEIN

- Ground turkey, lean, 1 pound
- Ground beef, lean, 1 pound
- Chicken breasts, boneless skinless, 1 pound

PRODUCE

- Spinach, ½ cup
- Cucumber, small, 1
- Dill, 1 tablespoon
- Bibb lettuce, 8 leaves
- Red onion, 1
- Yellow onion, 1
- Red bell pepper, 2
- Parsley, ½ cup
- Romaine hearts, 3
- Cilantro, ½ cup
- Cauliflower, 1 head
- Lemon, 1

BREAD/PASTA/RICE/FLOUR

- Hamburger buns, 5
- Pasta, small shape, 2 cups

DAIRY

- Feta cheese, ½ cup crumbled
- Greek yogurt, ½ cup
- Whole milk ricotta cheese, 1 cup
- Parmesan cheese, ¾ cup grated
- Mozzarella, ½ cup shredded
- Sour cream, ½ cup
- Milk, 3 tablespoons
- Butter, unsalted, 5 tablespoons

MISCELLANEOUS

- Sundried tomatoes, ¼ cup
- Dijon mustard, 1 tablespoon
- Tomato sauce, no salt added, 1 (28 ounce) can
- Diced tomatoes, no salt added, 1 (14.5 ounce) can
- Chicken broth, low sodium, 3 cups
- Black beans, 1(15.5 ounce) can
- Corn, 1 (8 ounce) can
- Lime juice, 4 tablespoons
- Oil, 2 tablespoons
- Crushed red pepper flakes, ¼ teaspoon

OPTIONAL TOPPINGS (for Taco Chicken Salad)

- Shredded cheddar cheese
- Avocadoes
- Tomatoes

WEEK 2

Taco Loaded Wedges | Zucchini Rollatini | Shrimp Tacos with Mango Salsa |

Skillet Chicken with Creamy Mushroom Sauce

WILDTREE PRODUCTS

- Taco Seasoning
- Lasagna Skillet Meal Seasoning
- Garlic Galore Seasoning Blend
- Rancher Steak Rub

PROTEIN

- Ground beef, lean, 1 pound
- Italian sausage, 1 pound
- Shrimp, raw, 1 pound
- Chicken breasts, boneless skinless, 5 (4 ounce) each

PRODUCE

- Russet potatoes, 4
- Zucchini, 2 large
- Basil, ¼ cup
- Mango, 1
- Red bell pepper, 1
- Red onion, 1
- Lime, 1
- Cilantro, ¼ cup
- Green cabbage, 2 cups shredded
- Vegetable of choice (for serving with Skillet Chicken with Mushroom Cream Sauce)
- Mushrooms, 8 ounces

BREAD/FLOUR/RICE/FLOUR

- Flour tortillas, 8 (6-inch)

DAIRY

- Cheddar cheese, 1 ½ cups shredded
- Whole milk ricotta cheese, 15 ounce container
- Parmesan cheese, ½ cup shredded
- Fresh mozzarella, 4 ounces
- Sour cream, 2 tablespoons
- Butter, unsalted, 2 tablespoons
- Heavy cream, ½ cup

MISCELLANEOUS

- Oil, 5 tablespoons
- Tomato sauce, no salt added, 1 (28 ounce) can
- Mayonnaise, 2 tablespoons
- Chicken broth, low sodium, ¾ cup
- Dijon mustard, 1 teaspoon
- Cornstarch, 2 teaspoons

OPTIONAL TOPPINGS (for Taco Loaded Wedges)

- Tomatoes, 2
- Avocado, 1
- Scallions, 2
- Sour cream, ½ cup
- Salsa, ½ cup