

# GROCERY LIST FOR MARCH 19, 2007

## Gluten Free Chicken Nuggets

(freeze extra servings for lunches)

- 44 oz family sized package of boneless skinless chicken breasts
- 4 2/3 T garfava flour
- 2 1/3 T sorghum flour
- 7 T potato or corn starch
- 7 T tapioca flour
- 1 1/2 t GF baking powder
- 1/2 t salt
- 1/2 t ground black pepper
- 1/2 t thyme
- 1/2 t papricka
- 1/4 t xanthan gum
- 1 1/2 c gluten and dairy free milk substitute (rice, almond, etc.)
- 1 egg
- Oil for frying

## Teriyaki Burgers

- 2 pounds ground beef
- 1/3 cup green onions
- 1/3 cup gluten free soy sauce
- 1/4 cup fresh cilantro
- 2 1/2 t grated fresh ginger
- 2 t minced garlic
- 3/4 t ground black pepper

## Oven Fries

(for 2 meals)

- 2 t dried rosemary, ground
- 2 t coarse ground black pepper
- 2 t coarse salt
- 2 t garlic powder
- 2 t onion powder
- 1/4 cup olive oil
- 4 pounds potatoes
- 2 pound fresh sweet potato

## Slow Cooker Ribs

- 2 1/2 to 3 lb. country style pork ribs, boneless
- 1 T oil
- 1 large onion
- 1/3 cup GF CF soy sauce
- 1/2 cup GF CF tomato ketchup
- 1 T GF CF prepared mustard

- 1/4 cup brown sugar
- 2 cloves garlic, minced
- 1/2 t black pepper
- 2 T apple cider vinegar
- 1 teaspoon celery seed

## Banana Chocolate Chip Cake

- 3 large bananas (about 1 1/2 cups mashed)
- 3/4 cup brown sugar
- 1/3 cup oil
- 2 eggs
- 7 tablespoon garbfava flour
- 3 1/2 tablespoon
- 2/3 cup corn or potato starch
- 2/3 cup tapioca starch
- 1 1/2 tsp xanthan gum or guar gum
- 1 tsp baking soda
- 1 tsp gluten free baking powder
- 1 tsp cinnamon
- 1/4 tsp salt
- 2/3 cup gluten & dairy free chocolate chips
- 1 Pound (4 sticks) GF CF margarine
- 1 t GF CF vanilla extract
- 5 1/4 c sifted powdered sugar
- Yellow food coloring, optional
- 3/4 cup unsweetened cocoa powder

Plus ingredients for one more meal of your choice. :)

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Salad to serve 6 for 3 meals
- Salad dressing to serve 6 for 3 meals
- Fish to serve 6
- Desired toppings for salads
- Ingredients for fruit salad to serve 6