



GROCERY LIST FOR APRIL 9, 2007

I am using Easter leftovers for one meal. If you are not, pick up ingredients for another meal.

White Bean & Ham Soup

- 1 meaty ham bone (left over from Easter dinner)
- 4 cups gluten free chicken broth
- 3 cloves minced garlic
- 1 cup diced onion
- 1 cup diced carrot
- 1 cup diced celery
- 1 cup diced fennel
- ¼ teaspoon ground black pepper
- 2 tablespoon dried parsley
- 1 teaspoon dried thyme
- 1 cup frozen corn kernels
- 3 cups frozen chopped spinach or kale
- 2 cans (15 ounces each) Great Northern or Navy beans, drained and rinsed
- 2 cans (14.5 ounces each) tomatoes, diced
- 1 cup diced ham, optional

Cashew Chicken with Bok Choy

- 2 pounds boneless, skinless chicken breast
- 1 ½ Tablespoon cornstarch
- ½ teaspoon ground pepper
- 3 Tablespoons vegetable oil
- 6 cloves garlic, minced
- about ½ head of bok choy (about 6 cups when sliced)
- 6 scallions (green onions)
- 2 Tablespoons rice vinegar
- 4 Tablespoons gluten free hoisin sauce
- ¾ cup roasted cashews
- Cooked rice, for serving six
- Scallions (green onion), thinly sliced and chopped cashews, for garnish

Tortilla and Black Bean Pie

- 8 6" gluten free corn tortillas
- 2 tablespoons oil
- 1 large onion
- 2 cans (15 ounces each) black beans
- 1 cup gluten free salsa
- 1 cup frozen corn
- 4 green onions (scallions), more for garnish
- 2 garlic cloves
- 1 teaspoon ground cumin
- 2 cups gluten & dairy free cheese substitute, shredded

Pizza Pancakes

- 2 cups gluten free bean based flour blend
- 4 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon xanthan gum
- 2 t Italian seasoning
- 2 cups GFCF milk substitute (ie: almond, rice, etc.)
- 2 eggs
- 4 Tablespoons oil
- ½ cup GFCF pepperoni, ham, or sausage, diced
- ½ cup chopped plum tomatoes (I used drained canned tomatoes)
- ¼ cup chopped green pepper
- ¼ cup chopped olives (I used Kalamata olives packed in olive oil)
- Jar of pizza or spaghetti sauce, warmed, for dipping

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough salad for 6 for one meal plus your favorite dressing, if desired.
- broccoli to serve six
- mandarine oranges to serve 6