



GROCERY LIST FOR MAY 21, 2007

Dairy Free Ranch Dressing

- 3/4 cup gf/cf mayo
- 1/3 cup minced celery with leaves
- 2 Tablespoons chopped fresh parsley (or 2 t dried)
- 1 Tablespoon minced onion
- 1 teaspoon lemon juice or cider vinegar
- 1 clove minced or pressed garlic
- 1/4 teaspoon dried thyme
- 1/4 teaspoon celery seed
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon ground black pepper
- GFCF milk substitute—amount varies

Spring Veggie Tomato Sauce

- 3 to 4 tablespoons olive oil
- 1 med zucchini
- 1/2 a bunch of asparagus (about 10 stalks)
- 1 cup sweet yellow onion
- 2 tablespoons minced or sliced garlic
- 1 pint of cherry tomatoes
- 1/2 cup gluten free chicken or vegetable stock

Herbed Garlic Bread

- 1/3 cup coconut oil or gluten & dairy free margarine
- 2 tablespoons olive oil
- 2 tablespoons minced garlic
- 1 tablespoon minced fresh oregano
- 1 tablespoon minced fresh parsley
- 1 teaspoon fresh thyme leaves
- 1/2 teaspoon salt
- 2 loaves gluten and dairy free French Bread OR use ingredients below to make your own:
- 1 1/4 cup warm gluten and dairy free milk substitute of choice
- 1 1/2 tablespoons active dry yeast
- 1 tablespoon sugar or sweetener of choice
- 1 3/4 cups potato starch
- 3/4 cup plus 2 tablespoons sorghum flour
- 1/2 cup plus 2 tablespoons tapioca starch
- 3 teaspoons xanthan gum
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 egg plus 1 egg white
- 2 teaspoons cider vinegar

Slow Cooker Pulled Pork

- 2 medium onion
- 1/2 cup gluten free ketchup
- 1/4 cup cider vinegar
- 1/3 cup packed brown sugar
- 1/4 cup tomato paste
- 1 1/2 tablespoons paprika
- 2 tablespoons gluten free Worcestershire sauce
- 2 tablespoons gluten free prepared mustard
- 4 cloves minced garlic
- 1 1/2 teaspoons ground black pepper
- 3 pounds fresh boneless pork roast

Baked Root Veggie Fries

- 1/4 cup olive oil
- 3/4 pound parsnips
- 3/4 pound rutabagas
- 3/4 pound carrots
- 1/2 pound sweet potatoes
- 3/4 teaspoon salt, or to taste

Curried Chicken Salad, Grape & Almond Lettuce Wraps

- 1/2 cup or more gluten and dairy free mayonnaise (depending on how moist you like your chicken salad)
- 2 tablespoons honey
- 1 1/2 to 2 teaspoons gluten free curry powder
- 1/4 cup minced cilantro or parsley, optional
- 1 1/2 pounds cooked chicken
- 1 1/2 stalks celery
- 1 1/2 cups red grapes
- 1/4 cup roasted sliced almonds
- 2 green onions
- Boston lettuce leaves for lettuce wraps for 6

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Hamburger ingredients for serve 6
- Frozen GF french fries to serve 6
- Mixed greens salad to serve 6 for 2 meals
- Salad Dressing to serve 6
- Spinach salad to serve 6
- Cooked chicken to top salad to serve 6
- Strawberries for salad to serve 6
- GF noodles to serve 6