



GROCERY LIST FOR JUNE 11, 2007

Turkey, Noodle and Grape Salad

- 1³/₄ cup gf/cf mayo
- 1/3 cup minced celery with leaves
- 2 T fresh parsley (or 2 t dried)
- 1 T onion
- 1 t lemon juice or cider vinegar
- 1 clove minced or pressed garlic
- 1/4 t dried thyme
- 1/4 t celery seed
- 1/8 t salt (optional)
- 1/8 t freshly ground black pepper
- 3 c cooked diced turkey
- 6 to 8 c cooked gluten free quinoa pagoda noodles
- 1 c celery
- 3 c grapes (1/2 red and 1/2 green)
- 1 c walnuts, slivered almonds or cashews (optional)

Turkey and Pineapple Salad

- 3/4 c dairy free mayonnaise
- 1/2 c dairy free plain yogurt or more dairy free mayonnaise
- 3 T honey
- 1 to 1 1/2 T gluten free curry powder
- 1/2 t ground ginger
- 6 c cooked, chopped turkey
- 1 1/2 c chopped pineapple
- 3/4 c of golden raisins and/or dried cranberries
- 3 ribs celery
- 1/3 c green onion or chives
- 1/3 c minced fresh cilantro or parsley

Cornbread

- 1 c gluten & dairy free unsweetened milk substitute
- 1 t lemon juice or cider vinegar
- 1/4 c olive oil
- 3 T maple syrup
- 2 c corn polenta or coarse ground corn meal
- 2 eggs
- 1 1/2 t gluten free baking powder
- 1/2 t baking soda
- 1 t salt

Frittata with Spinach and Mushrooms

- 8 large eggs
- 1/4 c unsweetened, plain dairy free milk substitute (such as almond milk)
- 1 t dried basil, thyme or oregano or 1 T fresh minced herbs
- 1 t paprika, optional
- 1 T olive oil or coconut oil (2 T if using mushrooms)
- 1 small onion

- 1 medium bell pepper
- 1 cup sliced mushrooms, optional
- 1 garlic clove
- 2 c broccoli florets (no stems)
- 1 c zucchini
- 1 c yellow summer squash
- 1 c chopped fresh spinach or other greens
- 1/2 - 1 c cherry tomatoes

Shrimp Pad Thai

- 12 oz uncooked gluten free rice pad Thai noodles
- 3 T dark brown sugar
- 3 T creamy peanut butter
- 3 T gluten free low sodium soy sauce
- 1 1/2 T gluten free fish sauce
- 1 1/2 T fresh lime juice
- 1 T gluten free chili garlic sauce
- 3 T oil
- 1 lb peeled deveined medium shrimp
- 1 lb broccoli
- 6 green onions
- 6 garlic cloves
- 1 c fresh bean sprouts
- 1/4 c dry-roasted peanuts
- 1/3 c thinly fresh basil regular or purple Thai basil

Juciy Apple Turkey Burgers

- 1 large apple
- 1/3 c cooked brown rice or quinoa
- 1 1/2 T finely grated onion
- 1 garlic clove, minced
- 1 t ground sage
- 3/4 t salt
- 1/4 t pepper
- 1/4 t dried thyme
- 1/8 t ground allspice
- 1/8 t cayenne pepper
- 20 oz ground turkey

Roasted Rosemary Potatoes

- 1 t dried rosemary, ground
- 1 t coarse ground black pepper
- 1 t coarse salt
- 1 t garlic powder
- 1 t onion powder
- 2 T olive oil
- 2 lbs potatoes
- 1 lb fresh sweet potato

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Mixed salad to serve 6 for 5 dinners
- Salad dressing to serve 6 for 5 dinners