



GROCERY LIST FOR AUGUST 6, 2012

Thai Chicken Burgers

- 1 1/2 pounds ground chicken or turkey
- 1/4 cup natural peanut butter
- 1/3 cup thinly sliced green onions
- 2 tablespoons gluten free soy sauce
- 2 teaspoon fresh grated ginger
- 1 teaspoon minced garlic
- pinch red pepper flakes
- 1/4 teaspoon salt

GF Potato Rolls

- 2 C. mashed potatoes
- 1 C. water
- 2 packages active dry yeast (1 Tbsp. + 1 tsp. bulk yeast)
- 3 Tbsp. sugar
- 1 1/4 C. df milk substitute
- 1/4 C. vinegar
- 6 Tbsp. Earth Balance]
- 3 tsp. salt
- 5 1/2 to 6 1/2 C. Better Batter Gluten Free Flour, plus more for dusting
- margarine for dipping (optional)

Napa Cabbage Slaw

- 1 large garlic clove, minced
- 2 limes, zest and juice
- 4 tablespoons rice-wine vinegar
- 1 1/2 T low sodium, gluten free soy sauce
- 1/4 cup chile oil (I use Amy's brand)
- 5 cups (1 small head) Napa cabbage
- 1 orange bell pepper
- 6 scallions
- 2 radishes
- 1/2 cup (about 3 ounces) snow peas
- 1/4 cup chives

Steak and Potato Salad

- 1 1/2 pounds new potatoes
- 1 1/2 tablespoons olive oil
- 3/4 teaspoon dried thyme
- 1 lb. steak
- 1 head romaine lettuce
- 4 green onions

Dairy Free Ranch Dressing

- 3/4 cup gf/cf mayo
- 1/3 cup minced celery with leaves
- 2 Tablespoons fresh parsley (or 2 t dried)
- 1 Tablespoon 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 freshly ground black pepper
- GFCF milk substitute—the amount varies

Impossible Bacon Spinach Quiche Pie

- 1/3 cup finely ground rice or sorghum flour (or combination)
- 1/3 cup tapioca flour/starch or corn starch
- 1 teaspoon Italian seasoning
- 1/2 teaspoon gluten free baking powder
- 1/2 teaspoon salt
- 2 cup milk sub of choice, unsweetened plain
- 4 large eggs
- 2 teaspoons oil
- 1 cup turkey bacon
- 1 cup spinach, frozen

GF Breadsticks inspired by Olive Garden

- 1 package active dry yeast
- 4 1/4 cups better batter all-purpose flour, plus more for dusting
- 2 T dairy free margarine or 1 1/2 T coconut oil
- 2 tablespoons sugar
- 1 tablespoon fine salt
- 3 T dairy free margarine or 2 T coconut oil
- 1/2 teaspoon kosher salt
- 1/8 to 1/4 teaspoon garlic powder
- Pinch of dried oregano

Barbecue Glazed Chicken

- 4 Tablespoons olive oil
- 4 Tablespoons gluten free ketchup
- 4 T brown sugar (or 2 T honey and 1 T molasses)
- 2 T gluten free, reduced sodium soy sauce
- 1 Tablespoon gluten free Worcestershire sauce
- 1 Tablespoon lemon or lime juice
- 1/2 teaspoon pepper
- 2 to 2 1/2 pounds boneless chicken or pork

Simple Arugula Garden Salad

- 3 cups baby arugula or arugula
- 1 cup cherry tomatoes
- 1 small zucchini
- 1 small cucumber
- 1/2 cup toasted walnuts
- 3 Tablespoons olive oil
- 1 1/2 Tablespoons white balsamic vinegar
- 1 1/2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon coarse ground black pepper

Taco Pizza

- 1 1/2 cups brown rice flour
- 1/2 cup amaranth flour
- 2 cups tapioca flour
- 3 teaspoons xanthan gum
- 1 teaspoon salt
- 2 tablespoons active dry yeast
- 1 tablespoon sugar or sweetener of choice
- 3 T olive oil, plus more for spreading dough
- 4 egg whites
- 1 pound ground beef
- 2 teaspoons instant minced onion
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1/2 teaspoon cornstarch
- 1 teaspoon ground cumin
- 1/2 teaspoon instant minced garlic
- 1/2 t crushed, dried red pepper (optional)
- 1/4 teaspoon dried oregano
- 3/4 cup diced tomatoes
- 1/3 cup sliced black olives
- 1 cup lettuce (I often use fresh spinach)
- 3/4 cup crushed gluten free tortilla chips
- 1 cup shredded gluten and dairy free cheese substitute, optional
- gluten free salsa, optional
- guacamole, optional

Cilantro Cashew Salad

- 1 cup packed fresh cilantro leaves
- 3 tablespoon fresh lime juice
- 3 tablespoon rice vinegar or white wine vinegar
- 6 tablespoon olive oil
- 1/3 medium red cabbage (12 ounces)
- 1 1/2 red bell pepper
- 3 scallions
- 1 medium head romaine lettuce
- 3/4 cup roasted cashews

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- watermelon to serve 6
- fruit salad to serve 6