



# GROCERY LIST FOR JANUARY 21, 2013

## Black Bean Salsa Chicken (double if freezing an extra batch)

- 2 pounds boneless chicken thighs, chopped
- 2 1/4 cups cooked or canned black beans, rinsed & drained (about 1 1/2 fifteen ounce cans)
- 1 1/2 cups frozen corn
- 2 cups gluten free salsa
- 1 cup chopped onions
- 1 cup chopped green pepper
- 3/4 cup chopped red pepper
- 1/2 cup chopped fresh cilantro
- 5 cloves garlic, minced

## Fresh Spinach Salad

- 6-2/3 cups fresh spinach salad
- 2/3 cup fresh tomatoes
- 1 cup apple
- 2/3 cup red onion
- 1-1/4 large papayas
- 1/2 cup toasted pepitas
- 1/4 cup balsamic vinegar
- 2 Tbs. plus 2 tsp. lemon juice
- 1 Tbs. plus 1 tsp. orange juice concentrate
- 1-1/4 tsp. honey
- 1-1/4 green onions
- 2 Tbs. plus 2 tsp. fresh dill weed, or 1-1/4 tsp. dried
- 1/4 cup olive oil

## Pork Chops with Apple -Cranberry Sauce

- 2 pounds boneless loin chops, 3" thick
- 3 tablespoons olive oil
- 2 tablespoons maple syrup
- 1 cup celery, chopped
- 2 cups tart or semi-tart cooking apple
- 1 1/4 cups onion
- 1 cup dried cherries
- 1 teaspoon ground cinnamon
- 1/2 cup gluten free chicken broth
- 1/2 cup fresh or frozen cranberries
- 1/4 cup apple juice
- 2 tablespoons apple cider vinegar
- 2 tablespoons gluten free spicy mustard

## Poppy Seed Dressing

- 3 1/2 Tablespoons white wine vinegar (regular or use one with tarragon)
- 3 1/2 Tablespoons sugar
- 2 1/2 Tablespoons onion
- 1 1/2 Tablespoons gluten free Dijon mustard
- 1/2 tsp. salt
- 1/2 cup mild tasting oil
- 1 1/2 tsp. poppy seeds

## Bison & Sweet Potato Stew

### (double if freezing an extra batch)

- 2 lb bison steak, cut into 3/4" cubes
- 4 pounds sweet potatoes
- 1 pound white button mushrooms
- 12 large shallots
- 8 cloves garlic
- 2 cup dry red wine
- 2 14 oz cans crushed tomatoes
- 4 teaspoons finely chopped fresh rosemary or 1 teaspoon dried rosemary, crushed
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 3 tablespoons red-wine vinegar
- 1/2 cup fresh parsley

## Lemon Chicken & Veggies with Capers

- 1/2 cup olive oil
- 1/4 cup gluten free chicken stock
- 1/4 cup packed fresh parsley
- 1 tablespoon shallot
- 6 cloves garlic
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 pounds chicken legs and thighs
- 1 1/2 cups zucchini
- 1 1/2 cups yellow summer squash
- 1 pound green beans
- 1 pint cherry tomatoes
- 1/2 cup capers
- 1/2 lemon
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

## Gingerbread Pumpkin Waffles

- 3 1/2 cups gluten free bean flour blend (OR 2 cups garbanzo/fava flour, 1 cup potato or corn starch, 1/2 cup tapioca or arrowroot flour)
- 4 teaspoons gluten free baking powder
- 3/4 teaspoons salt
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoons ground nutmeg
- 1 teaspoon xanthan gum
- 1/4 cup dark brown sugar
- 2 Tablespoons dark molasses
- 4 tablespoons oil
- 1 1/2 cups canned pumpkin
- 2 1/2 cups dairy-free milk of choice
- 2 teaspoon gluten-free vanilla extract

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough salad for 6 for two meals plus your favorite dressing, if desired.
- eggs to serve six for 6
- Clementines to serve 6