



# GROCERY LIST FOR JANUARY 7, 2013

## Cod in Green Tea Broth with Quinoa

- 1½ cups dry quinoa
- 6 cod fillets, (6 ounces each)
- Coarse salt and ground pepper
- 3 tablespoons olive oil,
- 1 piece fresh ginger (about 3 inches)
- 1 medium head bok choy (12 ounces)
- 1½ cups fresh or frozen asparagus
- 6 ounces shiitake mushrooms
- ¾ cup snow peas
- 1½ cups brewed green tea
- 1½ tablespoons gluten free soy sauce or coconut aminos
- 1½ teaspoons honey
- 5 scallions

## Walnut-Crusted Chicken Breasts

- ¾ cup dried gluten & dairy free bread crumbs
- ½ cup walnuts
- 1½ teaspoons dried thyme
- 1½ teaspoons dried oregano
- Coarse salt and ground pepper, to taste
- 2 large eggs
- 6 chicken breasts, boneless and skinless (6 ounces each)
- 2 to 3 tablespoons olive oil
- For serving: Seasonal green salad, cherry tomatoes, salad dressing

## Quinoa Turkey Burgers

**(double if freezing a batch)**

- ¾ cup rinsed uncooked quinoa (or 1½ cups cooked quinoa)
- 1½ medium carrots,
- 5 scallions
- 6 tablespoons plain dried gluten free breadcrumbs
- 1 large egg
- 1½ tablespoons ground oregano
- Coarse salt and pepper, to taste
- 1½ pounds ground turkey
- 3 tablespoons olive oil

## White Bean Spinach Ragout

- 4 teaspoons olive oil
- 2 medium onions
- 2 (14½-ounce) can diced tomatoes
- 2 15-ounce can cannellini beans (white kidney beans) or navy beans
- 2 tablespoon Italian seasoning
- ½ teaspoon ground black pepper
- 8 cups torn fresh spinach

## Chicken, White Bean & Kale Soup

**(double if freezing a batch)**

- 2 tablespoons olive oil
- 1½ pounds boneless, skinless chicken thighs
- 1 large onion

- 6 cloves garlic
- 3 teaspoons paprika
- ¼ t crushed red pepper, (optional)
- 2 cup white wine
- 6 cups gluten free chicken broth
- 1 (14.5 oz.) can diced tomatoes
- 1 bunch kale, ribs removed, chopped (about 8 cups lightly packed)
- 2 15-ounce can white beans, rinsed salt and pepper, to taste

## Gluten & Dairy Free French Bread

- 1 ¼ cup warm gluten and dairy free milk substitute of choice
- 1½ tablespoons active dry yeast
- 1 T sugar or sweetener of choice
- 1 ¾ cups potato starch
- ¾ cup plus 2 T sorghum flour
- ½ cup plus 2 T tapioca starch
- 3 teaspoons xanthan gum
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 egg plus 1 egg white \*\* (I save the egg yolk to mix with 1 tablespoon water to use as an egg wash for the loaves before baking)
- 2 teaspoons cider vinegar
- \*\*for egg free version: use 1 ½ Tablespoons ground golden flax and 4 ½ Tablespoon warm water mixed together to replace the egg and egg white.

## Ginger-Beef Stir Fry

- 3 tablespoons oil, divided
- 1½ pounds beef steak
- ¾ cup gluten free beef broth
- 5 tablespoons gluten free soy sauce
- 4 teaspoons cornstarch
- 4 teaspoons garlic, minced
- 1½ teaspoons grated fresh ginger
- 1 medium head bok choy
- 2 carrots
- 2½ cups small broccoli florets
- 8 oz. container sliced fresh mushrooms
- 6 green onions (scallions)

## Dark Chocolate Walnut Ginger Biscotti

- \*\*1 cup gluten free Angela's cookie flour blend, spooned and leveled
- ½ cup unsweetened cocoa powder
- 1 teaspoon gluten free baking powder
- ¼ teaspoon xanthan gum or guar gum
- ¼ teaspoon salt
- 2 large eggs
- ½ cup sugar
- 1 teaspoon vanilla extract
- ½ cup walnuts, coarsely chopped
- 3 ounces dark chocolate, coarsely chopped (1/2 cup)
- ¼ cup finely chopped crystallized ginger