



# GROCERY LIST FOR JANUARY 28, 2013

## Barbeque Glazed Pork

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

## Roasted Rosemary Potatoes

- 1 teaspoon dried rosemary, ground
- 1 teaspoon coarse ground black pepper
- 1 teaspoon coarse salt
- 1 teaspoons garlic powder
- 1 teaspoon onion powder
- 2 tablespoons olive oil
- 2 pounds potatoes
- 1 pound fresh sweet potato

## Apple Slaw

- 1 crisp red apple
- 1 granny smith apple
- 3 cups shredded cabbage (such as Napa)
- 2 green onions
- 1/4 cup gluten and dairy free mayonnaise
- 2 Tablespoons brown sugar

## Chicken Apple Bacon Sliders

(double if freezing a second batch)

- 6 slices bacon
- 1 1/2 pounds ground chicken
- 1 large granny smith apple
- 1/3 cup celery
- 3 tablespoons honey
- 3/4 teaspoon poultry seasoning
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon salt

## Gluten Free Dairy Free Hamburger Buns

- 1 1/4 cups warm gluten & dairy free unsweetened milk substitute of choice
- 2 tablespoons sugar
- 1 tablespoon baking yeast
- 1 cup finely ground rice flour
- 2/3 cup sorghum flour
- 1/3 cup potato starch
- 1/3 cup tapioca starch
- 1/3 cup sweet rice flour
- 1/3 cup corn starch (or sweet rice flour)
- 1/4 cup sugar
- 2 tablespoons potato flour
- 1 tablespoon xanthan or guar gum
- 2 teaspoon gluten free baking powder
- 1/2 teaspoon salt
- 2 teaspoons cider vinegar
- 2 large eggs
- 1/4 cup mild tasting olive oil

## Broccoli Salad

- 5 cups fresh broccoli florets
- 1/2 cup raisins
- 1/2 cup sunflower seeds
- 1/3 - 1/2 cup bacon
- 2 tablespoons red onion, optional
- 3/4 cup gluten and dairy free mayonnaise
- 2 tablespoons cider vinegar
- 4 tablespoons sugar

## Thick Crust Sicilian Pizza

- 2 packages yeast (or 4 1/2 teaspoons)
- 4 c Better Batter Gluten Free Flour
- 1 tsp salt
- 1 tsp sugar
- 2-3 c canned tomato sauce or crushed tomatoes
- 1 tsp salt
- 1/4 tsp pepper
- 1/4 tsp garlic powder or 1 clove garlic
- 1 tbsp dried oregano
- 1 tsp dried basil
- 1/4 tsp crushed red pepper
- 1 recipe Non Non Dairy Mozzarella or gfcf cheese substitute of choice
- 2-3 c desired toppings of choice

## Southwestern Spaghetti Pie

(double if freezing a second batch)

- 8 ounces gluten free spaghetti
- 1/2 pound ground beef
- 1/2 cup onion
- 1/2 cup bell pepper
- 2 cloves garlic
- 14.5 ounce can diced tomatoes
- 15 ounce can black beans
- 1 teaspoon gluten free chili powder
- 1 teaspoon ground cumin
- 1 T fresh cilantro, or 1 t dried cilantro
- 1/2 teaspoon paprika
- 1/8 to 1/4 teaspoon cayenne pepper
- 2 eggs
- 1 cup shredded gluten & dairy cheese substitute of choice, optional

## Mongolian Chicken & Veggies

- 1 1/2 pounds chicken, cut into 1" pieces
- 1/4 cup corn starch
- 4 tablespoons oil, divided
- 2 cups sweet bell peppers (colors of choice)
- 1 cup purple or red cabbage
- 1 cup carrots
- 1 cup kale
- 3 green onions (scallions)
- 2 teaspoons fresh garlic
- 1 tablespoon fresh ginger
- 1/2 cup gf free reduced sodium soy sauce
- 1/2 cup brown sugar

## Thousand Island Dressing (or buy favorite dressing)

- 1/2 cup dairy free mayonnaise
- 2 tablespoons ketchup
- 1 tablespoon apple cider vinegar
- 1 teaspoons honey
- 2 teaspoons sweet pickle relish
- 1 teaspoon finely minced onion

## Basic Vinaigrette (or buy favorite dressing)

- 1 tablespoon Dijon mustard
- 4 tablespoons balsamic vinegar
- 1 teaspoon sugar
- 1/4 cup extra virgin olive oil

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough romain salad for 6
- enough salad for 6
- quinoa for 6