



# GROCERY LIST FOR FEBRUARY 25, 2013

## Bacon Spinach Quiche Pie

(double if freezing an extra batch)

- 1/3 cup finely ground rice or sorghum flour
- 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 c milk substitute of choice, unsweetened plain
- 4 large eggs
- 2 teaspoons oil
- 1 cup turkey bacon
- 1 cup spinach, frozen

## Karl-idoscope Potato Salad

- 1/2 pound small new red potatoes
- 1/2 pound small new purple potatoes
- 1/2 pound fresh green beans
- 2 cups kale
- 3 tablespoon olive oil
- 3 tablespoons white wine vinegar
- 1 tablespoon fresh rosemary (or 1 t dried)
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/4 cup thinly sliced green onions or 3
- Tablespoon minced fresh chives

## Lazy Cabbage Roll Casserole

- 2 medium onions
- 1 pound ground beef
- 1 pound ground pork
- 6 garlic cloves
- 3 1/2 cups gluten free tomato sauce
- 3 1/2 cups diced tomatoes (fire roasted, optional)
- 2 small cans (5.5 oz) tomato paste
- 1/2 cup apple cider vinegar
- 1/4 cup packed brown sugar
- 1 teaspoon dried dill weed
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/8 to 1/4 teaspoon chili powder
- 4 cups cooked brown rice or quinoa
- 3 pound cabbage

## Seasoned Green Beans

- 2 tablespoons olive oil
- 1 tablespoon garlic
- 2 green onions
- 1 sweet pepper
- 1 teaspoon dried basil (or 1 tablespoon fresh)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (20 ounce) pkg frozen green beans (or fresh)

## Oven "Fried" Basil Chicken

- 1 cup dairy free plain yogurt
- 2 tablespoon honey
- 4 cups cornflakes
- 1/2 cup minced fresh basil
- 6 6 ounce boneless skinless chicken breasts

## Rich & Creamy mashed Cauliflower

- 1 large head cauliflower (about 6+ cups)
- 1 clove garlic (optional)
- 1/4 cup gluten & dairy free Mayonnaise
- 1/4 teaspoon salt
- 1 Tablespoon fresh basil leaves (optional)

## Apple, Bok Choy & Carrot Slaw

- 1 pound bok choy
- 1/2 teaspoon salt

- 1 large sweet-tart crisp apple
- 2 medium carrots
- 1 1/2 tablespoons lemon juice
- 1 1/2 teaspoons olive oil
- 1/2 teaspoon fresh ginger

## Easy Taco Bake

(makes two batches, 1 for freezer & 1 for dinner))

- 3 pounds ground beef
- 2 cups onion
- 1 cup green pepper
- 30 ounces tomato sauce
- 6 cups fresh spinach leaves (about 10 oz. bag) or
- 10 oz frozen spinach
- 4 cups frozen corn
- 3 - 14.5 oz. cans black beans
- 4 teaspoons cumin
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 teaspoon crushed red chili pepper flakes
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 1/2 cups brown or white rice flour
- 2 cups tapioca flour
- 1 cups potato or corn starch
- 2 Tablespoons xanthan gum
- 2 Tablespoons baking powder
- 1 1/2 tsp salt
- 3 eggs (\*\*egg free variation below)
- 1 cup oil
- 1 1/2 c gluten & dairy free unsweetened milk substitute
- 1 cups sparkling water

## Cilantro Cashew Salad

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

## Fish Tacos and Red Cabbage Slaw

- 1/4 cup gluten and dairy free sour cream replacement or mayo (I use plain coconut yogurt or mayo)
- 2 tablespoons fresh lime juice
- 1/4 small red cabbage
- 4 scallions
- 1 jalapeno chile
- 2 tablespoon olive oil
- 1 pound tilapia fillets (or other firm white fish)
- 8 6-inch corn tortillas
- 1/2 cup fresh cilantro leaves
- 1/2 cup gluten and dairy free mayonnaise
- 2 tablespoons cider vinegar
- 1 small red cabbage (1 1/2 pounds)
- 2 medium Granny Smith apples

## Vegan Yankee Style Creamed Cornbread

- 2 cups cornmeal, yellow or white
- 1 cup (4oz or 113g) Better Batter Gluten Free Flour
- 3 tsp. baking powder
- 1/2 tsp. baking soda
- 1 tsp. salt
- 1 tsp. sugar, optional
- 1 cup soy, rice, or almond milk + 1 tbsp. apple cider vinegar
- 6 tbsp. vegan egg substitute or chia gel (1 tbsp chia seed, soaked overnight in 1 c water)
- 1 can (approx. 15 ounces) cream-style corn
- 4 tbsp. non dairy margarine

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Apple sauce to serve 6
- Oranges to serve 6