



# GROCERY LIST FOR APRIL 1, 2013

## Deviled Egg Salad

- 8 hard boiled eggs
- 3 T gluten & dairy free mayonnaise
- 1 tablespoon fresh dill weed or 1 t dried
- 1/4 teaspoon dried garlic
- 1/8 teaspoon dried chili pepper, or paprika
- 1/8 teaspoon salt
- 9 slices gluten free bacon
- 6 cups mixed salad greens
- 2 cups chopped or torn romaine
- 2 cups cherry tomatoes
- 1 medium red or orange bell pepper
- 1/2 cup mild tasting olive oil
- 1/4 cup white wine vinegar
- 1 tablespoon honey
- 1/2 T gf spicy mustard or stone ground
- 1/4 teaspoon ground black pepper

## GF Texas Roadhouse Rolls

- 2 tsp active dry yeast plus
- 1 tsp sugar
- 1 1/2 cups dairy free milk substitute
- 1 Tbsp. oil
- 1/4 cup sugar
- 3-4 c (12-16oz or 340-454g) Better Batter flour
- 1 egg
- 1 tsp salt

## Gluten & Dairy Free Mac ' n "Cheese"

- 1 cup raw cashews
- 2 oz. or 4 oz. jar pimentos, drained
- 1 cup nutritional yeast flakes
- 2 tablespoons cornstarch
- 1 tablespoon lemon juice
- 1 1/2 teaspoons salt, or to taste
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- gluten free pasta elbow noodles for 6
- (I will add leftover ham and frozen peas)

## Chicken with Cauliflower and Apples

- 6 bone-in, skin-on chicken peices
- 1 1/2 teaspoon thyme
- 1 head cauliflower
- 3 cooking apples
- 10 ounces fresh spinach

## Tortilla & Black Bean Pie

- 8 6" gluten free corn tortillas
- 2 tablespoons oil
- 1 large onion
- 2 cans (15 ounces each) black beans
- 1 cup gluten free salsa
- 1 cup frozen corn
- 4 green onions (scallions), plus more for garnish
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 2 cups gluten & dairy free cheese substitute, shredded

## Santa Fe-Style Quinoa Salad

- 1/2 cups gluten free picante sauce, mild or medium
- 1 cup quinoa
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 15 oz. can black beans (1 3/4 cups)
- 1 1/5 cup fresh or frozen corn
- 1 cup cherry or grape tomatoes
- 2 medium scallions (green onions)
- 1 small jalapeno chili

## White Bean & Ham Soup

- (double if freezing an extra batch)
- 1 meaty ham bone
- 4 cups chicken broth
- 3 cloves minced garlic
- 1 cup diced onion
- 1 cup diced carrot
- 1 cup diced celery
- 1 cup diced fennel
- 1/4 teaspoon ground black pepper
- 2 tablespoon dried parsley
- 1 teaspoon dried thyme
- 1 cup frozen corn kernels
- 3 cups frozen chopped spinach or kale
- 2 cans (15 ounces each) Great Northern or Navy beans, drained and rinsed
- 2 cans (14.5 ounces each) tomatoes, diced
- 1 cup diced ham, optional

## Yankee Style Creamed Corn Bread

- 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 (chia gel is 1 tbsp chia seed, soaked overnight in 1 c water)
- 1 can (approx. 15 oz) cream-style corn
- 4 tbsp. non dairy margarine, melted

## GF Pecan Sandies

- 1 1/2 c Vegetable or palm shortening
- 3/4 c Granulated sugar
- 1 1/2 ts Salt
- 2 Eggs
- 4c Better Batter flour
- 1/4 ts Baking soda
- 1 c Shelled pecans

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough mixed greens salad for 6 plus your favorite dressing, if desired.
- oranges to serve 6