



GROCERY LIST FOR APRIL 29, 2013

Mexican Cornbread Casserole (Double if freezing an extra batch)

- 3/4 cup rice milk
- 2 teaspoon lemon juice or cider vinegar
- 3 tablespoons olive oil
- 2 tablespoons maple syrup
- 1 1/2 cups dry polenta or coarse corn meal
- 1 pound of ground beef
- 2 teaspoons dried minced onion
- 1 teaspoons salt
- 1 teaspoons chili powder
- 1/2 teaspoon cornstarch
- 1 teaspoons cumin
- 1/2 teaspoon dry minced garlic
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon dried oregano
- 7 ounces drained chopped green chilies
- 1 1/2 large eggs (6 tablespoons of blended egg)
- 1 1/8 teaspoons baking powder
- 3/8 teaspoon baking soda
- 3/4 teaspoon salt
- 10 ounces frozen corn
- 7 oz bag frozen pepper mix, or equivalent fresh

Poppy Seed Dressing

- 3 1/2 T white wine vinegar, plain or tarragon
- 3 1/2 Tablespoons sugar
- 2 1/2 Tablespoons chopped 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

Buffalo Chicken Pizza

(I have this in the freezer, but if you need to make it get the following):

- 1 1/2 cups brown rice flour
- 1/2 cup amaranth flour
- 2 cups tapioca flour
- 3 teaspoons xanthan gum
- 1 teaspoon salt
- 2 tablespoons active dry yeast
- 1 tablespoon sugar or sweetener of choice
- 3 tablespoons olive oil
- 4 egg whites
- 3 T oil plus more for spreading dough
- one large onion
- 1 lb. boneless skinless chicken breast or tenders
- 2 tablespoons gluten free Worcestershire sauce
- 2 to 3 T gluten free hot sauce of choice, to taste
- 1 cup tomato sauce
- 1 cup gluten and dairy free cheese substitute

Slow Cooker French Toast Casserole

- 8 cups gluten and dairy free soft bread cubes
- 1 dozen eggs
- 4 cups gluten and dairy free milk substitute
- 1/4 cup pure maple syrup
- 1 teaspoon gluten free vanilla extract
- 1/2 teaspoon gluten free almond extract
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cardamon
- 1/4 teaspoon salt
- 1/4 cup walnuts or other nut, optional

Asian-Style Ribs

- 1/2 cup gluten and dairy free plum sauce
- 1 1/2 T gluten and dairy free barbecue sauce
- 1/4 cup orange juice
- 1 1/2 tablespoon vegetable oil
- 2 inch piece fresh ginger
- 3 cloves garlic
- 2 teaspoon cumin
- 2 pounds loinback pork ribs

Basic Brown Rice

- 1 1/2 cups long grain brown rice, rinsed and drained
- 1 1/2 teaspoon olive oil

Stir-Fried Bok Choy

- 1 pound bok choy
- 2 tablespoon chicken stock
- 1 tablespoon gfcf oyster sauce or fish sauce
- 1 1/2 t gluten & dairy free low sodium soy sauce
- 1 1/2 t cornstarch/arrowroot or tapioca starch
- 1/2 teaspoon sugar
- 1 tablespoon vegetable oil
- 2 slices fresh ginger root
- 1 clove garlic

Tacos

- 2 pound ground beef or turkey
- 2 medium onion
- 2 green pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon ground black pepper
- dash of allspice
- dash of cayenne pepper (to taste!)
- GF taco shells for 6
- your favorite taco toppings

Cilantro Cashew Salad

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

Heather's Avocado Salsa from CeliacFamily.com

- 1 firm avocado
- 1 medium tomato
- 3 green onions
- 1 (4 oz.) can chopped black olives
- 1 (4 oz.) can chopped green chiles
- 1 tsp salt
- 1/2 tsp pepper
- 1 TBSP olive oil
- 1 TBSP apple cider vinegar

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Mixed Greens Salad to serve 6 for 2 meals
- apples to serve 6
- maple syrup
- berries to serve 6