



GROCERY LIST FOR APRIL 8, 2013

Sticky Chicky Legs

- 3 lbs. chicken legs
- 1 egg
- 1 cup gluten free flour blend of choice
- 1 c oil
- 3/4 cup brown sugar
- 1/2 cup rice vinegar
- 3 tablespoon gluten free soy sauce
- 3 tablespoon sesame seeds
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/2-1 teaspoon crushed red pepper flakes
- 1/2 teaspoon salt

Seasoned Green Beans

(Multiply by 4 if freezing 3 extra extra batches)

- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 2 green onions
- 1 sweet pepper
- 1 teaspoon dried basil (or 1 tablespoon fresh, thinly sliced)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (20 oz) package frozen green beans (or fresh)

Quinoa Confetti Salad

- 2 cups cooked, cooled quinoa
- 1 cup frozen sweet corn
- 1 cup canned black beans
- 1/2 red pepper (or use roasted peppers)
- 1 bunch scallions
- 2 tablespoons dried cilantro or parsley
- 3 tablespoons white wine vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon cumin

White Bean Chicken Chili

- 3 tablespoons olive oil
- 2 pounds diced chicken meat
- 2 onion
- 4 cloves garlic, minced
- 4 cups gluten free chicken broth
- 2 (18.75 ounce) cans tomatillos
- 2 (16 ounce) cans diced tomatoes
- 2 (7 ounce) cans diced green chiles
- 1 teaspoon dried oregano
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 4 (15 ounce) cans white beans
- 10 oz. frozen corn

Gluten Free Bread Sticks

- 1 package active dry yeast
- 4 1/4 cups (17 oz or 482g) better batter all-purpose flour, plus more for dusting
- 2 T dairy free margarine or coconut oil
- 2 tablespoons sugar
- 1 tablespoon salt
- 3 T dairy free margarine or coconut oil
- 1/2 teaspoon salt
- 1/8 to 1/4 teaspoon garlic powder
- Pinch of dried oregano

Banana Pancakes

(Double if freezing an extra batch)

- 2 cups gluten free bean based flour blend (or 2/3 c tapioca flour/starch, 2/3 c corn or potato starch, 10 T plus 2 t garbafava flour, and 5 T plus 1 t sorgum flour)
- 4 teaspoons gluten free baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon xanthan gum or guar gum
- 2 cups gluten & dairy free milk substitute
- 2 eggs
- 4 tablespoons oil
- 2 tablespoons maple syrup
- 2 ripe bananas

Turkey Sausage

- 20 oz. package ground turkey
- 4 Tablespoons finely minced onion
- 3/4 teaspoon dried marjoram
- 1/2 teaspoon thyme
- 3/4 teaspoon sage
- 3/4 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon oregano
- 1/2 teaspoon fresh minced garlic
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/8 to 1/4 teaspoon cayenne pepper
- 1 egg, optional

Chicken Apple Bacon Sliders

- 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 Hamburger Buns

- 1 1/4 cups warm gluten & dairy free unsweetened milk substitute of choice
- 2 tablespoons sugar
- 1 tablespoon 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
- 1/4 cup sugar
- 2 tablespoons potato flour
- 1 tablespoon xanthan 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 cooked crumbled bacon
- 2 tablespoons finely minced red onion, optional
- salt and pepper to taste
- 3/4 cup gluten and dairy free mayonaise
- 2 tablespoons cider vinegar
- 4 tablespoons sugar (I use baker's sugar as it dissolves faster)

Margherita Pizza

(This is doubled to make 2 pizzas to serve 6-8)

- 2 cup gluten & dairy free milk substitute
- 2 teaspoon cider vinegar
- 2 tablespoon extra fine granulated sugar
- 1 1/2 teaspoons instant baking yeast
- 3 c brown rice flour blend (see recipe for blend)
- 2 teaspoon gluten free baking powder
- 1 1/2 teaspoon salt
- 2 teaspoon xanthan gum or guar gum
- 4 tablespoons olive oil, plus more pan

Thousand Island Dressing

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

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Strawberries to serve 6
- Romaine salad and cherry tomatoes to serve 6