



# GROCERY LIST FOR MAY 20, 2013

## Country Style Ribs with Homemade BBQ Sauce (double if freezing an extra batch)

- 1/2 cup gluten free ketchup
- 2 tablespoons gf Worcestershire sauce
- 2 tablespoons brown sugar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 tablespoon cider vinegar
- 1/2 tablespoon ground black pepper
- 1 tablespoon molasses
- 1 1/2 to 2 pounds boneless country-style ribs

## Apple. Bok Choy and Carrot Slaw

- 1 pound bok choy (preferably baby/young 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

## California Turkey Burgers

- 1 1/2 pounds ground turkey meat
- 1/3 cup green onions
- 1/3 cup red bell pepper
- 1 Tablespoons gluten free honey mustard
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper

## 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 red onion, optional
- 3/4 cup gluten and dairy free mayonnaise
- 2 tablespoons cider vinegar
- 4 tablespoons sugar

## Fish Tacos with Red Cabbage Slaw

- 6 tablespoons gluten and dairy free sour cream replacement or mayo (I use plain coconut yogurt or mayo)
- 3 tablespoons fresh lime juice
- 1/3 small red cabbage (about 3 3/4 cups)
- 6 scallions (about 3/4 cup)
- 1 jalapeno chile
- 3 tablespoon olive oil
- 1 1/2 pounds tilapia fillets (or other firm white fish)
- 12 6-inch corn tortillas
- 3/4 cup fresh cilantro leaves

## Tangy Tomato Beef (double if freezing an extra batch)

- 1 tablespoon oil
- 2 to 2 1/2 pound beef roast
- 1 cup onion
- 1 - 28 oz. can diced or crushed tomatoes (3 cups)
- 1/3 cup dark brown sugar
- 2 Tablespoons cider vinegar
- 2 Tablespoons gf Worcestershire sauce
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

## Cauliflower Puree

- 1 head cauliflower
- 2 tablespoons (or more) gluten free dairy free margarine or olive oil (I use coconut or olive oil)

## Honey Mustard Chicken

- 1 1/2 to 2 pounds chicken
- 3 tablespoons Dijon mustard
- 3 tablespoons honey
- 2 cloves garlic, minced

## Napa Cabbage Slaw

- 1 large garlic clove, minced
- 2 limes
- 4 tablespoons rice-wine vinegar
- 1 1/2 T low sodium, gluten free soy sauce
- 1/4 cup chile oil (I use Amy's brand)
- 5 cups (1 small head) Napa cabbage
- 1 orange bell pepper
- 6 scallions
- 2 radish, optional
- 1/2 cup (about 3 ounces) snow peas
- 1/4 cup chives

## Pineapple Upside Down Cake

- 1 box Better Batter Gluten Free Yellow Cake Mix
- 2 Tbsp golden rum OR 1 tsp rum flavoring
- 1/2 c gluten and dairy free margarine
- 1 1/2 c light brown sugar
- 12 slices pineapple, drained (save juice!)
- 1 container Maraschino cherries, optional

## Serving suggestions/also needed:

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