



GROCERY LIST FOR MAY 27, 2013

Tostadas Salsa Verde

- 12 (6-inch) corn tortillas
- 6 ounces shredded dairy free cheese substitute, optional
- 3 1/4 cups (16 ounces) boneless chicken
- 1 1/2 cup jarred green salsa, plus more for serving (optional) (use gluten free version)
- 3/4 cup chopped fresh cilantro
- 1/2 teaspoon ground cumin
- 1 1/2 cup shredded romaine lettuce
- 4 to 5 plum tomatoes
- 6 tablespoons dairy free sour cream or quacamole

Cilantro Cashew Salad

- 1 cup packed fresh cilantro
- 3 tablespoon fresh lime juice
- 3 T 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

Twice Baked Spinach Mushroom Garlic Stuffed Potatoes (I will get from freezer, but ingredients needed to make are)

- 2 russet potatoes
- 2 Jersey yams
- 1 medium red onion
- 4 garlic cloves
- 2 tbs olive oil, plus more
- 1-2 tbsp fine brown rice flour
- 2 cups unsweetened milk substitute
- 3 tbs nutritional yeast (I used 3 tablespoons, to make more "cheesy")
- 10 oz pkg. of frozen chopped spinach
- Garlic powder to taste
- 8 oz. package portobello mushrooms

Honey Mustard Dressing

- 1/2 cup dijon mustard
- 1/4 cup olive oil
- 3 tablespoon honey
- 1 teaspoon lemon juice
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper

Slow Cooker Ribs

(I will get from freezer, but ingredients needed to make are)

- 1 large garlic clove, minced
- 2 limes, zest and juice
- 4 tablespoons rice-wine vinegar
- 1 1/2 T low sodium GF 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 radishes
- 1/2 cup (about 3 ounces) snow peas
- 1/4 cup chives

Chicken Thai Pizza

- 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
- 1 1/2 cups warm water (105-115F.) or less
- 3 tablespoons olive oil
- 4 egg whites
- 6 Tablespoons natural peanut butter
- 3 Tablespoons gluten free soy sauce
- 3 Tablespoons brown sugar
- 2 teaspoons rice vinegar
- 1/2 teaspoon minced garlic
- 1/4 t crushed red chili pepper flakes
- 2 cups cooked ground chicken
- 2 Tablespoons gluten free soy sauce
- 3/4 cup diced red bell pepper
- 1 cup fresh cilantro
- 4 medium green onions
- 1 cup gluten and dairy free cheese substitute

Dairy Free Ranch Dressing

- 3/4 cup gf/cf mayo
- 1/3 cup celery with leaves
- 2 Tablespoons fresh parsley (or 2 t dried)
- 1 Tablespoon onion
- 1 teaspoon lemon juice or cider vinegar
- 1 clove minced or pressed garlic
- 1/4 teaspoon dried thyme
- 1/4 teaspoon celery seed
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon freshly ground black pepper
- gluten & dairy free milk substitute, as needed

Chicken Bacon Apple Sliders

- 6 slices bacon
- 1 1/2 pounds ground chicken
- 1 large granny smith apple
- 1/3 cup finely minced celery
- 3 tablespoons honey
- 3/4 teaspoon poultry seasoning
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon salt

Gluten Free Hamburger Buns

- 2 cups Better Batter Gluten Free Flour
- 1 tsp. salt
- 1/3 cup sugar, or to taste
- 4 eggs
- 2/3 - 3/4 cups milk substitute or water

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 mayonaise
- 2 tablespoons cider vinegar
- 4 tablespoons sugar

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Mixed Greens Salad to serve 6
- fresh veggie sticks (cauliflower, sweet peppers and carrots) to serve 6
- strawberries to serve 6