



GROCERY LIST FOR JULY 8, 2013

Fish Tacos

- 3 tablespoons gluten and dairy free sour cream replacement or mayo
- 1/2 tablespoons fresh lime juice
- 1/2 jalapeno chile
- 3 tablespoon olive oil
- 1 1/2 pounds tilapia fillets or other white fish
- 12 6-inch corn tortillas
- 3/4 cup fresh cilantro leaves

Red Cabbage-Apple Slaw

- 1/2 cup gluten and dairy free mayonnaise
- 2 tablespoons cider vinegar
- 1 small red cabbage (1 1/2 pounds)
- 2 medium Granny Smith apples

Slow Cooker Veggies and Orange Beef

- 2 pounds 3/4" to 1" beef or bison steak
- 3 T gluten free reduced sodium soy sauce
- 3 oranges
- 1 1/2 teaspoons grated fresh ginger
- 2 teaspoons cornstarch or arrowroot
- 1-2 tablespoons oil
- 1 clove garlic, minced
- 1 onion, cut in half and sliced thinly
- 2 green bell peppers
- 1 red bell pepper
- 1 orange or yellow bell pepper
- 2 pounds bok choy

Roasted Rosemary Potatoes

- 1 teaspoon dried rosemary, ground
- 1 teaspoon coarse ground black pepper
- 1 teaspoon coarse salt
- 1 teaspoons garlic powder
- 1 teaspoon onion powder
- 2 tablespoons olive oil
- 2 pounds potatoes
- 1 pound fresh sweet potato

Curried Chicken, Cantaloupe and Mango Salad

- 1 lime, zest and juice
- 1 6 ounce container plain gluten and dairy free coconut yogurt
- 3/4 teaspoon curry powder
- 2 tablespoons minced crystallized ginger
- 1 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 1 1/4-1 1/2 lbs skinless boneless chicken breasts
- 1/2 small cantaloupe
- 1 large mango (2 cups)
- 1/2 cup fresh cilantro leaves
- 8 cups mixed greens salad
- Lime wedges, optional
- unsweetened coconut flakes, optional

GF Texas Roadhouse Clones

- 2 tsp active dry yeast
- 1 tsp sugar
- 1 1/2 cups unsweetened milk substitute
- 1 Tbsp. melted margarine or 2 t coconut oil
- 1/4 cup sugar
- 3-4 cups Better Batter flour
- 1 egg
- 1 tsp salt

Rainbow Quiche

- one 9" cold gluten and dairy free unbaked pie crust, optional
- 1 to 2 tablespoons oil
- 1 small onion (about 1 cup)
- 1 cup fresh mushrooms
- 1 small green bell pepper

- 1 small red bell pepper
- 1 small yellow bell pepper
- 1 cup fresh small broccoli florets
- 1 cup chopped kale
- 1 cup gluten and dairy free cheese substitute, optional
- 6 large eggs
- 1 3/4 cup gluten and dairy free unsweetened plain milk substitute
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

GF Strawberry Drop Scones

(Double ingredients-one batch for freezer)

- 1 cup white rice flour
- 1/4 cup brown rice flour
- 1/3 cup sweet sorghum flour
- 1/3 cup tapioca flour
- 1 teaspoon gluten free baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon xanthan gum
- 1/4 teaspoon guar gum
- 1/4 teaspoon cream of tartar
- 4 1/2 tablespoons sugar
- 1 1/2 tablespoon brown sugar
- 2/3 cup unsweetened gluten free milk substitute of choice
- 1 teaspoon cider vinegar
- 1 large egg
- 1 egg yolk
- 2 tablespoons gluten and dairy free margarine or coconut oil
- 2 teaspoons gluten free vanilla extract
- 1 1/4 cups chopped strawberries

Pork-Pineapple Kabobs

(Double ingredients-one batch for freezer)

- 3/4 cup gluten free chicken stock
- 1/2 cup diced sweet yellow onion
- 1/4 cup diced green onions
- 1 t fresh thyme leaves or 1/4 dried thyme
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1/2 teaspoon allspice
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cinnamon
- 1/2 small jalapeno pepper or serrano chili
- 1/2 teaspoon ground pepper
- 1 1/2 tablespoons gluten free soy sauce
- 1/2 tablespoon oil
- 1/2 tablespoon cider vinegar
- 1 1/2 pounds boneless pork loin
- 1 fresh pineapple
- 2 large sweet yellow onions

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 T dried cilantro or parsley
- 3 T white wine vinegar
- 1 tbs olive oil
- 1/2 tsp cumin

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- honeydew melon to serve 6
- berries to serve 6
- watermelon to serve 6