



GROCERY LIST FOR AUGUST 26, 2013

Pumpkin Waffles

(double if freezing an extra batch)

- 1 3/4 cup bean based flour blend (or 1 cup garbonzo bean/fava bean flour, 1/2 cup potato or corn starch, and 1/4 cup tapioca or arrowroot flour)
- 2 t gluten free baking powder
- 1/2 t salt
- 1 t pumpkin pie spice
- 1/2 t xanthan or guar gum
- 1 T maple syrup or sweetener of choice
- 2 T oil
- 3/4 cup pumpkin puree
- 1 1/4 cup dairy-free milk of choice
- 1 t gluten-free vanilla flavoring

Turkey Sausage

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

Salmon & Sweet Potato Cakes

- 1 1/2 cups salmon
- 1 medium sweet potato
- 1 small Yukon gold potato
- 1 small red onion
- 1 egg
- 1 1/2 teaspoons lemon juice
- 1 teaspoon dried tarragon or thyme
- gluten and dairy free bread crumbs (crushed GFCE pretzels also work well)

Simple Arugula Garden Salad

- 3 cups baby arugula or torn arugula if larger leaves
- 1 cup cherry tomatoes
- 1 small zucchini, trimmed
- 1 small cucumber
- 1/2 cup toasted walnuts
- 3 T olive oil
- 1 1/2 T white balsamic vinegar
- 1 1/2 t Dijon mustard
- 1/4 t salt
- 1/8 t coarse ground black pepper

Naomi's GF Potato Rolls

- 2 C. mashed potatoes
- 2 packages (or 4 t) active dry yeast
- 3 T sugar
- 1 1/4 C. df milk substitute
- 1/4 C. vinegar
- 6 T df margarine
- 3 tsp. salt
- 5 1/2 to 6 1/2 C. Better Batter Gluten Free Flour, plus more for dusting

Carrot Cake Pancakes

(double if freezing an extra batch)

- 2 cups gluten free bean based flour blend (or 7 T garbonzo bean/fava bean flour, 3 1/2 T sorghum flour, 2/3 cup potato or corn starch, and 2/3 cup tapioca or arrowroot flour)
- 4 t baking powder
- 1 1/2 t cinnamon
- 1/2 t salt
- 1/2 t xanthan or guar gum
- 1/4 t nutmeg
- 1/8 t ground ginger
- 1/8 t ground cloves
- 1 cup unsweetened gluten & dairy free milk substitute
- 2 cups carrot (about 4 medium)
- 2 eggs
- 1/4 cup oil
- 3 T maple syrup or brown sugar
- 2 t gluten free vanilla extract

Chicken Sausage Broccoli Quinoa

- 1 T olive oil
- 1 1/2 cups well-rinse quinoa
- 3 cups gluten free chicken stock
- 1/2 cup golden raisins
- 1 T olive oil
- 1 medium onion
- 1 - 12 ounce package fully cooked gluten free chicken-apple sausage (I use one with no nitrates)
- 1 lb broccoli, broccoli rabe or asparagus
- 1/2 teaspoon-ish salt
- 1/4 teaspoon-ish ground pepper
- 1/2 cup toasted sliced almonds

Rainbow Quiche

- one 9" cold gluten and dairy free unbaked pie crust, optional
- 1 to 2 T oil
- 1 small onion, diced (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
- 3/4 cup gluten and dairy free unsweetened plain milk substitute
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Berries to serve 6
- Eggs to serve 6
- Melon to serve 6 for 2 meals
- Peaches to serve 6