



GROCERY LIST FOR SEPTEMBER 2, 2013

Rainbow Quiche

(double if freezing an extra batch)

- one 9" cold gluten and dairy free unbaked pie crust, optional
- 1 to 2 tablespoons oil
- 1 small onion
- 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 (we like almond in this)
- 1/2 t salt
- 1/4 t ground black pepper

Herbed Garlic Bread

- 1/3 cup coconut oil or gluten & dairy free margarine
- 2 T olive oil
- 2 T minced garlic
- 1 T minced fresh oregano
- 1 T minced fresh parsley
- 1 t fresh thyme leaves
- 1/2 t salt
- 2 loaves gluten and dairy free French Bread

or make bread using:

- 1/4 cup gluten and dairy free milk substitute of choice
- 1 1/2 T active dry yeast
- 1 T sugar or sweetener of choice
- 1 3/4 cups potato starch
- 3/4 cup plus 2 tablespoons sorghum flour
- 1/2 cup plus 2 tablespoons tapioca starch
- 3 teaspoons xanthan gum
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 egg plus 1 egg white
- 2 t cider vinegar

Thousand Island Dressing

- 1/2 cup gluten & dairy free mayonnaise
- 2 T gluten free ketchup
- 1 T apple cider vinegar
- 1 t honey
- 2 t sweet gluten free pickle relish
- 1 t onion

California Turkey Burgers

(double if freezing an extra batch)

- 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

Apple, Bok Choy and Carrot Slaw

- 1 lb bok choy (baby or young bok choy)
- 1/2 t salt
- 1 large sweet-tart crisp apple
- 2 medium carrots
- 1 1/2 T lemon juice
- 1 1/2 t olive oil
- 1/2 t fresh ginger, finely grated

Shrimp Pad Thai with Broccoli

- 12 oz uncooked GF rice pad Thai noodles
- 3 T dark brown sugar
- 3 T creamy peanut butter
- 3 T gluten free low sodium soy sauce
- 1 1/2 T gluten free fish sauce

- 1 1/2 T fresh lime juice
- 1 T gluten free chili garlic sauce
- 3 T Oil
- 1 lb peeled and deveined medium shrimp
- 1 pound broccoli
- 6 green onions
- 6 garlic cloves, minced
- 1 cup fresh bean sprouts
- 1/4 cup chopped dry-roasted peanuts
- 1/3 cup fresh basil regular or Thai basil

Slow Cooker Beef Fajitas

(double if freezing an extra batch)

- 2 lbs. flank steak or pot roast
- 2 large onion
- 1 large green bell pepper
- 1 large red bell pepper
- 1 jalapeno pepper (skip if too spicy)
- 2 T fresh cilantro
- 3 cloved garlic, minced
- 3/4 t chili powder
- 1 1/2 t ground cumin
- 1 1/2 t ground coriander
- 1/2 t salt
- 1 15 oz. can of diced tomatoes

Dairy Free Ranch Dressing

- 3/4 cup gf/cf mayo
- 1/3 cup celery with leaves
- 2 T chopped fresh parsley (or 2 t dried)
- 1 T onion
- 1 t lemon juice or cider vinegar
- 1 clove minced or pressed garlic
- 1/4 t dried thyme
- 1/4 t celery seed
- 1/8 t salt (optional)
- 1/8 t freshly ground black pepper
- GFCF milk substitute—the amount will vary

Chicken with Apricot Sauce

- 6 boneless, skinless chicken breasts, (about 2 1/4 pounds)
- 1 t salt
- 1/2 t ground black pepper
- 6 T sweet rice flour or corn starch
- 1 1/2 T oil
- 1 1/8 cup dry white wine, white grape juice, or chicken stock
- 1 1/2 medium shallot
- 6 fresh apricots, pitted and chopped (or 9 dried apricots)
- 3 T apricot preserves
- 1 1/2 T fresh tarragon (1 1/2 t dried)
- pinch crushed red pepper flakes

Quinoa Confetti Salad

- 2 cups cooked 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
- Mixed greens salad to serve 6 for 2 meals
- Tomatoes and cucumbers to serve 6
- Mellon to serve 6
- Spinach salad to serve 6