



GROCERY LIST FOR MARCH 7, 2016

Gluten Free Pizza Crust

- 1½ cups brown rice flour
- ½ 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
- 3 tablespoons olive oil
- 4 egg whites
- more olive oil for spreading pizza dough

Supreme Pizza

- 2 Gluten Free Dairy Free Pizza Crusts OR make above pizza crust recipe
- 1 cup gluten free dairy free tomato sauce
- 1 package (3 ounces) gluten & dairy free sliced pepperoni
- 8 ounces (¾ pound) gluten & dairy free sausage (pork, turkey or beef of choice)
- 4 ounces of fresh mushrooms
- 1 medium sweet red pepper
- 1 medium green pepper
- 1 cup chopped onion
- ½ cup sliced black olives
- ½ cup sliced green olives
- 1 cup gluten and dairy free cheese substitute

Basic Vinaigrette

- 1 tablespoon Dijon mustard
- 4 tablespoons balsamic vinegar
- 1 teaspoon sugar
- ¼ cup extra virgin olive oil

Orange Beef Lettuce Wraps

- 1 cup matchstick cut carrots
- 1 ½ lbs. boneless steak
- 1 T cornstarch
- 2 T oil (I use olive)
- ¼ t crushed red pepper flakes
- ½ cup green onions
- 1 (8 oz.) can water chestnuts
- 3 T frozen orange juice concentrate
- 3 T hoisin sauce (be sure GFCE)
- 3 T. rice wine vinegar
- 3 T low sodium soy sauce (be sure GFCE)
- 2 T packed brown sugar
- 1 T cornstarch
- ½ t fresh grated ginger (or paste)
- ¼ t pepper
- 2 heads Boston lettuce leaves
- toppings of choice: mung bean sprouts, chopped peanuts, cashews, cucumbers, shredded bok choy, or cooked rice

Apricot Curried Meatballs

- 1 pound ground beef
- 1 pound ground pork
- ½ cup dry gluten free bread crumbs
- ¼ cup dairy free milk substitute, unsweetened
- 2 eggs
- ⅓ cup thinly sliced green onions
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 12 ounce apricot preserves, fruit juice sweetened preferred
- ⅓ gluten free soy sauce
- 2 tablespoons cider vinegar
- 4 teaspoons peeled grated fresh ginger
- 2 teaspoon gluten free curry powder for garnish: thinly sliced green onion

Gingered Beef and Broccoli Salad Bowl

- ½ cup rice vinegar
- 6 tablespoons olive oil
- 2 clove garlic, minced
- 2 teaspoon honey
- 1 tablespoon reduced sodium gluten free soy sauce
- 1 teaspoon sesame seeds, toasted
- ½ teaspoon fresh grated ginger
- ⅛ teaspoon ground black pepper
- 1 tablespoon oil
- 1 pound beef sirloin steak
- 4 cups broccoli florets
- 8 cups mixed baby greens
- 1 medium red bell pepper

Chicken and Spinach Strata

- 8 cups gluten free french bread, cut into 1" cubes
- 10 ounce package frozen spinach
- 2 cups chopped cooked chicken
- 1 cup shredded dairy free cheese substitute, mozzarella-style
- 7 eggs
- 1½ cups unsweetened dairy free milk substitute
- ¼ cup dairy free parmesan substitute
- 1½ teaspoons dried marjoram
- 1 tsp salt
- ½ teaspoon ground black pepper
- ¼ cups diced roasted red pepper
- 2 tablespoons finely minced fresh parsley,

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough salad for 6 for one meal plus your favorite dressing, if desired.
- rice for 6 for two meals
- pea pods to serve 6