

# GROCERY LIST FOR APRIL 23, 2007

## Leftover BBQ on Noah' s Rolls

### Noah' s Rolls

- 1/2 cup brown or white rice flour
- 2/3 cup tapioca flour
- 1/3 cup potato or corn starch
- 2 tsp xanthan gum
- 2 tsp baking powder
- 1/2 tsp salt
- 1 egg
- 1/3 cup oil
- 1/2 cup CF milk
- 1/3 cup sparkling water

## Roasted Fish with Potatoes, Tomatoes and Olives

- 2 lbs red new potatoes
- 4 garlic cloves, minced
- 3 T olive oil
- 6 fillets of fish (4-6 oz. each) of choice (I used Talapia)
- 1 pint of grape/cherry tomatoes
- 1/2 cup pitted Kalamata olives

## Orange Beef Lettuce Wraps

(get triple below ingredients: 1 for dinner, 2 for freezer)

- 1 cup carrots
- 1 1/2 lbs. boneless steak
- 1 T cornstarch
- 2 T oil
- 1/4 t crushed red pepper flakes
- 1/2 cup green onions
- 1 (8 oz.) can water chestnuts
  
- 3 T frozen orange juice concentrate
- 3 T hoisin sauce (be sure GF/CF)
- 3 T. rice wine vinegar
- 3 T sodium soy sauce (be sure GF/CF)
- 2 T packed brown sugar
- 1 T cornstarch
- 1/2 t fresh grated ginger (or paste)
- 1/4 t pepper

## Shrimp and Tomatos over Soft Polenta

- 2 pounds frozen medium shrimp
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1/4 teaspoon red-pepper flakes
- 1 1/2 cans (14.5 ounces) diced tomatoes, in juice
- 1 cup yellow cornmeal
- 3 tablespoons coconut oil

Plus ingredients for one more meal of your choice.

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Spinach salad to serve 6
- Salad dressing to serve 6
- 2 heads Boston lettuce leaves
- mung bean spouts, chopped
- peanuts or cashews, cucumber, and cooked rice to serve 6
- green beans to serve 6