



GROCERY LIST FOR MARCH 4, 2013

Crock Pot Chicken Cacciatore

- 1 medium onion
- 6 boneless skinless chicken breasts
- 1 (6oz) can tomato paste
- 8 ounces fresh mushrooms, sliced
- 2 bay leaves
- 1 (8oz) can stewed tomatoes
- 1 teaspoon garlic powder
- 2 cups gluten free chicken stock

Basic Vinaigrette

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

Tilapia with Lemony Spinach and Mushrooms

- 36 ounces tilapia fillets (6 ounces each)
- 4 tablespoons olive oil or coconut oil
- 3 1/3 cups onion
- 1 1/2 tablespoon minced garlic
- 16 ounces mushrooms
- 6 cups fresh cleaned spinach
- 1 teaspoon dried tarragon or thyme
- 3 tablespoons lemon juice

Italian Pot Roast

(double if freezing an extra batch)

- 3 lb. boneless beef pot roast
- 1 quart jar gluten and dairy free pasta sauce of choice
- 1 large onion
- 2 medium fennel bulbs
- 4 medium carrots
- 4 cloves garlic
- 1 teaspoon fennel seeds
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 t coarsely ground black pepper

Mashed Cauliflower

- 1 head cauliflower
- 2 tablespoons (or more) gluten free dairy free margarine or olive oil
- 1/4 teaspoon ground black pepper

Buffalo Chicken Pizza

- 1 1/2 cups brown rice flour
- 1/2 cup amaranth flour
- 2 cups tapioca flour
- 3 teaspoons xanthan gum
- 1 teaspoon salt
- 2 tablespoons active dry yeast
- 1 tablespoon sugar, cane juice crystals, agave, honey, maple syrup or sweetener of choice
- 3 tablespoons olive oil
- 4 egg whites at room temperature
- more olive oil for spreading pizza dough
- 3 tablespoons oil, divided
- one large onion
- 1 pound boneless skinless chicken breast or tenders
- 2 T gluten free Worcestershire sauce

- 2 to 3 T gluten free hot sauce of choice, to taste
- 1 cup tomato sauce
- 1 cup gluten & dairy free cheese substitute

Simple Arugula Garden Salad

- 3 cups baby arugula
- 1 cup cherry tomatoes
- 1 small zucchini
- 1 small cucumber
- 1/2 cup toasted walnuts
- 3 Tablespoons olive oil
- 1 1/2 Tablespoons white balsamic vinegar
- 1 1/2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon coarse ground black pepper

Apple Sausage Quiche

- 1 large potato or sweet potato or a mix
- 2 shallots or sweet onions
- 1 egg white
- 1/2 lb. sausage of choice (pork, turkey, etc.)
- 1 apple (use a cooking apple)
- 1/2 cup roasted bell peppers
- 1 tablespoon maple syrup
- 3 large eggs
- 1/2 cup shredded gluten and dairy free cheese substitute, optional

Gluten Free Irish Soda Bread

- 1 c granulated sugar
- 4 cups (16oz or 454g) Better Batter flour
- 2 tsp gluten free baking powder
- 1 tsp baking soda
- 3/4 tsp salt
- 3 c raisins
- 1 Tbsp caraway seeds
- 2 1/2-3 c dairy free sour cream or greek yogurt substitute
- 3 large eggs

GF Chocolate Pumpkin Spice Cake

- 1 1/2 c Better Batter Gluten Free Flour
- 1/2 c cocoa
- 1 tsp cinnamon
- 1/4 tsp each ginger, nutmeg, and allspice
- 3 tsp baking powder
- 1 tsp salt
- 1 1/2 c sugar
- 1 c cooked, canned pumpkin
- 7 egg whites
- 1/2 tsp cream of tartar
- 1 tsp vanilla
- 2 c canned coconut milk or cream
- 2 c chocolate chips
- 1 tsp cinnamon

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough spinach salad for 6 for one meal
- quinoa for 6
- broccolli for 6