



GROCERY LIST FOR MARCH 25, 2013

Bombay Chicken

(double if freezing an extra batch)

- 3 tablespoons oil
- 1 1/2 pounds chicken breast
- 3/4 cup red onion
- 1 teaspoon garlic, minced
- 1 1/2 cups chopped fresh or frozen peaches
- 3/4 cup chicken broth, gluten free
- 1/4 cup white wine or more chicken broth
- 3 tablespoons fresh ginger, minced
- 3/4 teaspoon salt
- 3/4 teaspoon curry powder, gluten free
- 1/8 teaspoon chili powder, gluten free
- 1/8 teaspoon cayenne
- 1/2 cup canned coconut milk
- 1 1/2 tablespoons cornstarch or arrowroot

Burgundy Mushroom Stew

(makes a big batch. Extras for lunch or freeze for another meal. Divide in half if want smaller amount.)

- 4 tablespoons olive oil
- 3-4 pounds button mushrooms
- 2 large onions
- 6 cloves garlic, minced
- 6 medium carrots
- 6 stalks celery
- 2 red sweet peppers, seeded and chopped
- 8 cups vegetable stock, gluten free
- 1 1/2 cups red wine or more stock
- 6 large potatoes
- 6 tablespoons corn starch
- 6 tablespoons tomato paste
- 4 teaspoons dried thyme
- 1/2 teaspoon dried marjoram
- 1 1/2- 2 teaspoons salt (This depends on the stock)

GF Kaiser Rolls

- 1 package active dry yeast
- 1 1/2 tsp salt
- 3 1/2 cups (14 oz or 397g) Better Batter Gluten Free Flour
- 1/4 c cornmeal, optional
- 1 egg white
- Optional, poppy seeds or sesame seeds

Barbeque Glazed Pork

- 4 Tablespoons olive oil
- 4 Tablespoons gluten free ketchup
- 4 Tablespoons brown sugar
- 2 T gluten free reduced sodium soy sauce
- 1 Tablespoon gluten free Worcestershire sauce
- 1 Tablespoon lemon or lime juice
- 1/2 teaspoon pepper
- 2 to 2 1/2 pounds boneless pork

Roasted Rosemary Potatoes

- 1 teaspoon dried rosemary, ground
- 1 teaspoon coarse ground black pepper
- 1 teaspoon coarse salt
- 1 teaspoons garlic powder
- 1 teaspoon onion powder
- 2 tablespoons olive oil
- 2 pounds potatoes
- 1 pound fresh sweet potato

Broccoli Salad

- 5 cups fresh broccoli florets
- 1/2 cup raisins
- 1/2 cup sunflower seeds
- 1/3 - 1/2 cup cooked crumbled bacon
- 2 tablespoons finely minced red onion, optional

- 3/4 cup gluten and dairy free mayonaise
- 2 tablespoons cider vinegar
- 4 tablespoons baker sugar or regular sugar

Citrus-kissed Chicken Fingers

(makes two batches, 1 for freezer & 1 for dinner)

- 1 1/2 lb boneless, skinless chicken breast
- 1/2 cup frozen orange juice concentrate
- 4 cloves garlic, minced
- 2 large eggs
- 2 1/2 cups gluten free honey frosted flakes cereal
- 3/3 cup shredded unsweetened coconut
- 2 tablespoons light brown sugar
- 3 tablespoons olive oil
- 1/2 teaspoon gluten & dairy free curry powder

Stir-Fried Bok Choy

- 1 pound bok choy
- 2 tablespoon chicken stock
- 1 tablespoon gfcf fish or oyster sauce
- 1 1/2 teaspoon gluten free low sodium soy sauce
- 1 1/2 teaspoon cornstarch
- 1/2 teaspoon sugar
- 1 tablespoon vegetable oil
- 2 slices fresh ginger root
- 1 clove garlic

Creamy Orange Poppy Seed Dressing

- 4 tablespoons gluten & dairy free mayonnaise
- 4 tablespoons gluten & dairy free pain yogurt or dairy free sour cream substitute
- 3 tablespoons orange juice
- 1 tablespoon honey
- 2 teaspoons fresh orange zest
- 2 teaspoons poppy seeds

Salmon & Sweet Potato Cakes

- 1 1/2 cups salmon (canned or cooked)
- 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

Scalloped Corn

- 2 tablespoon light olive oil
- 2 large onion, chopped
- 4 large green bell pepper
- 4 medium firm ripe tomatoes (such as Roma)
- 1 1/2 tablespoons corn starch
- 1/2 teaspoon paprika
- pinch of cayenne pepper
- 2 cups unsweetened milk substitute of choice
- 6 cups thawed frozen kernels
- Extra paprika for garnish

Apple Slaw

- 1 crisp red apple
- 1 granny smith apple
- 3 cups shredded cabbage (I like Napa cabbage for this)
- 2 green onions, sliced thinly
- 1/4 cup gluten and dairy free mayonnaise
- 2 Tablespoons brown sugar

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Quinoa to serve 6
- Asparagus to serve 6
- Sinach salad to serve 6