



GROCERY LIST FOR MAY 6, 2013

Coconut Lime Tilapia

- 2 eggs
- 1/2 c coconut milk
- 1 c gluten & dairy free bread crumbs
- 1 c flaked coconut
- Zest from one lime
- 6 filets Tilapia
- 3/4 c gluten & dairy free mayonnaise
- 2 tbsp dijon mustard
- Juice from 2 limes

Cilantro Rice

- 1 Cup Basmati Rice
- 1 TBSP olive oil
- 2 TBSP onion
- 2 cloves garlic, minced
- 1 tsp salt
- 1/2 cup fresh cilantro
- 2 TBSP lime juice

Sloppy Joes

(Ingredients are already doubled to make a second batch for the freezer)

- 4 lb. hamburger
- 4 medium onion
- 4 Tbsp. cider vinegar
- 4 Tbsp. gluten free mustard
- 2 cups gluten free ketchup
- 1/2 tsp. pepper
- 4 tsp. sugar
- 1 tsp. salt

Sundried Tomato Stuffed Chicken

- 2 1/4 pounds boneless, skinless chicken breasts, (6 chicken breasts, about 6 ounces each)
- 1/2 cup fresh baby spinach
- 1/3 cup julienned sundried tomatoes
- 1/3 cup gluten and dairy free mozzarella-style cheese substitute, shredded, optional
- 2 1/2 tablespoons nutritional yeast flakes
- 1 1/2 tablespoon Italian Herb Blend

Lemon Garlic Mushrooms

- 1 lemon
- 1 1/2 tablespoons dried parsley (or 4 tablespoons fresh)
- 1 tablespoon olive oil
- 5 garlic cloves, minced
- 3 green onions
- 1 1/2 pounds mushrooms

Tortilla and Black Bean Pie

- 8 6" gluten free corn tortillas
- 2 tablespoons oil
- 1 large onion, diced
- 2 cans (15 ounces each) black beans
- 1 cup gluten free salsa
- 1 cup frozen corn
- 4 green onions (scallions), plus more for garnish
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 2 cups gluten & dairy free cheese substitute, shredded (I like melting and drizzling on my Cashew Cheesy Sauce or Easy Pizza "Cheese" for this)

Cilantro Cashew Salad

- 1 cup packed fresh cilantro
- 3 tablespoon fresh lime juice
- 3 tablespoon rice vinegar or white wine vinegar
- 6 tablespoon olive oil
- 1/3 medium red cabbage (12 ounces)
- 1 1/2 red bell pepper
- 3 scallions
- 1 medium head romaine lettuce
- 3/4 cup roasted cashews

Orange-Apricot Pork Chops

(double ingredients to make an extra for the freezer)

- 6 pork chops
- 1 cup apricot jam
- 3 tablespoons brown sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon pepper
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/4 teaspoon cloves
- 1 (11-ounce) can mandarin oranges

One Minute Cupcakes (for 6)

- 3/4 c Better batter Gluten Free Cake Mix of choice
- 6 T gluten & dairy free plain yogurt
- 1 cup gluten & dairy free chocolate chips
- 3/4 cup gluten & dairy free margarine (or 1/2 cup coconut oil)

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- broccoli to serve 6
- fresh sweet potatoes to serve 6
- spinach salad to serve 6
- favorite salad dressing
- oranges to serve 6
- Green beans to serve 6
- Avocados to serve 6
- mixed greens salad to serve 6