



GROCERY LIST FOR MAY 27, 2013

Honey Chicken Kabobs

- 2 tablespoons oil
- 1/3 cup honey
- 1/3 cup gluten free soy sauce
- 1/4 teaspoon ground black pepper
- 2-2 1/2 lbs boneless skinless chicken breast
- 2 minced garlic cloves
- 5 small onions
- 2 red bell peppers, skewers

Kale-idoscope Potato Salad

- 1/2 pound small new red potatoes
- 1/2 pound small new purple potatoes
- 1/2 pound fresh green beans
- 2 cups kale
- 3 tablespoon olive oil
- 3 tablespoons white wine vinegar
- 1 tablespoon minced fresh rosemary (or 1 teaspoon crushed dried rosemary)
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/4 cup green onions or 3 Tablespoon minced fresh chives

Simple Arugula Garden Salad

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

Barbeque Glazed Pork

- 4 Tablespoons olive oil
- 4 Tablespoons gluten free ketchup 4 Tablespoons brown sugar (or 2 T honey and 1 T molasses)
- 2 T gluten free, reduced sodium soy sauce
- 1 T gluten free Worcestershire sauce
- 1 Tablespoon lemon or lime juice
- 1/2 teaspoon pepper
- 2 to 2 1/2 lbs boneless pork

Roasted Chicken Pot Pie

(I will get from freezer, but ingredients needed to make are)

- 1 (3 1/2 to 4 pound) chicken
- 1 small yellow onion
- 1 lemon
- 1/2 cup celery leaves
- 1/4 cup dairy free margarine or 3 T coconut oil
- 1 small onion
- 1 carrot
- 1/2 teaspoon dried thyme
- 2 cups chicken broth

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- broccoli to serve 6
- strawberries to serve 6
- apples to serve 6

Salmon & Sweet Potato Cakes

(I will get from freezer, but ingredients needed to make are)

- 1 1/2 cups salmon, cooked or canned
- 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 (crushed GFCF pretzels also work well)

Apple Slaw

- 1 crisp red apple
- 1 granny smith apple
- 3 c cabbage (such as Napa cabbage)
- 2 green onions
- 1/4 cup gluten & dairy free mayonnaise
- 2 Tablespoons brown sugar

Steak and Potato Salad

- 1 1/2 pounds new potatoes
- 1 1/2 tablespoons olive oil
- 3/4 teaspoon dried thyme
- 1 lb. steak
- 1 head romaine lettuce
- 4 green onions

Dairy Free Ranch Dressing

- 3/4 cup gf/cf mayo
- 1/3 cup celery with leaves
- 2 Tablespoons fresh parsley (or 2 t dried)
- 1 Tablespoon onion
- 1 teaspoon lemon juice or cider vinegar
- 1 clove minced or pressed garlic
- 1/4 teaspoon dried thyme
- 1/4 teaspoon celery seed
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon freshly ground black pepper
- GFCF milk substitute—the amount will depend on if you are making dip or dressing.

Strawberry Rhubarb Raspberry Crumble

- 1/2 cup brown rice flour
- 1/2 cup corn starch
- 1/2 cup turbinado sugar or packed brown sugar
- 1/3 cup almond meal/flour or sorghum flour
- 1/2 c sliced almonds or gluten free rolled oats, optional
- 2 teaspoons gluten free baking powder
- 2 teaspoons orange, lemon or lime zest
- 1/2 cup gluten and dairy free margarine or 1/3 cup coconut oil
- 6 cups strawberries
- 3 cups rhubarb
- 2 cups raspberries
- 1 cup sugar
- 1/2 cup corn starch
- 1/4 teaspoon salt