



GROCERY LIST FOR JUNE 17, 2013

Roasted Fish with Potatoes, Tomatoes and Olives

- 2 pounds red new potatoes
- 4 garlic cloves, minced
- 3 Tablespoon olive oil, divided
- 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

Beef and Almond Stir Fry

- Quinoa to serve 6 (instead of rice)
- 2 tablespoons oil
- 1 pound sirloin
- 2 bags of stir-fry vegetables, frozen
- 2 T reduced-sodium GF soy sauce
- 3/4 cup slivered almonds
- 2 cloves minced garlic
- 1 teaspoon of fresh grated ginger
- 1 tablespoon of rice vinegar, optional

Chicken Breasts with Spicy Honey-Orange Glaze

- 1/4 cup honey
- 2 tbsps frozen orange juice concentrate
- 1 tsp grated orange zest
- 1 clove garlic, minced
- 1/2 tsp salt
- 1/8 tsp crushed red pepper flakes
- 6 boneless skinless chicken breast halves
- 1 tbsp margarine
- 1/2 tsp vegetable oil
- Garnish: green onion, chopped
- Garnish: fresh parsley, chopped

Seasoned Green Beans

- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 2 green onions
- 1 sweet pepper
- 1 teaspoon dried basil (or 1 tablespoon fresh, thinly sliced)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (20 ounce) packages frozen green beans (or fresh, see note is recipe)

Black Bean and Veggie Pizza

(Makes only one pizza - I double to serve 6 to 8)

- 13" gluten free dairy free pizza crusts OR make one using the ingredients below:
- 3/4 cup brown rice flour
- 1/4 cup amaranth flour
- 1 cup Tapioca Flour
- 1 1/2 teaspoons xanthan gum or guar gum
- 1/2 teaspoon salt
- 1 tablespoon baking yeast
- 1/2 T sugar or sweetener of choice
- 1 1/2 tablespoon olive oil
- 2 egg whites (or flax seed replacement of 1 T ground golden flax mixed with 3 T of hot water mixed together)

Topping:

- 3/4 cup black beans, cooked or canned
- 1/2 cup roasted red peppers
- 1 clove garlic

- 1/4 teaspoon chili powder, gluten free
- 1/4 teaspoon salt
- 3/4 cup cheese substitute, gluten and dairy free of choice, optional
- 1 medium plum tomato
- 1/4 cup fresh spinach
- 3 medium scallions (green onions)
- 1/4 cup sliced black olives
- 1/4 cup roasted red peppers
- 1 1/2 tablespoons chopped pickled hot peppers, optional

Fresh Spinach Salad

- 6-2/3 cups packaged spinach salad
- 2/3 cup fresh tomatoes
- 1 cup apple
- 2/3 cup red onion
- 1 large papayas
- 1/2 cup toasted pepitas
- 1/4 cup balsamic vinegar
- 2 Tbs. plus 2 tsp. lemon juice
- 1 Tbs. plus 1 tsp. water
- 1 Tbs. plus 1 tsp. orange juice concentrate
- 1-1/4 tsp. honey
- 1-1/4 green onions
- 2 Tbs. plus 2 tsp. fresh dill weed, or 1-1/4 tsp. dried
- 1/4 cup olive oil

Spicy Sweet Grilled Pork Tacos

- 2 1/2 pounds pork tenderloin
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 teaspoons dried cilantro
- 1/2 teaspoon chipotle chili powder
- 1/2 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried oregano
- 1 tablespoon brown sugar

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 red onion, optional
- 3/4 cup gluten and dairy free mayonaise
- 2 tablespoons cider vinegar
- 4 tablespoons sugar

Peach Crumble

- One box Better Batter Yellow Cake Mix
- 1 c dairy free margerine
- 1 Tbsp cinnamon
- 2 large cans peaches, drained

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Mixed Greens Salad to serve 6 with favorite dressing
- Corn tortillas to serve 6
- Salsa and Guacamole to serve 6