



ANGELA'S KITCHEN - GROCERY LIST FOR AUGUST 5, 2013

Thai Chicken Burgers

(double if freezing an extra batch)

- 1½ pounds ground chicken or turkey
- ¼ cup natural peanut butter
- ⅓ cup green onions
- 2 tablespoon gluten free soy sauce
- 2 teaspoon fresh grated ginger
- 1 teaspoon minced garlic
- pinch red pepper flakes
- ¼ teaspoon salt

GF Kaiser Rolls

- 1 package active dry yeast
- 1 1/2 tsp salt
- 3 1/2 cups Better Batter Gluten Free Flour
- 1/4 c cornmeal, optional
- 1 egg white, lightly beaten
- Optional, poppy seeds or sesame seeds

French Toast Casserole in the slow cooker

- 8 cups gluten and dairy free soft bread cubes, about 1" to 1 1/2
- 1 dozen eggs
- 4 cups gluten and dairy free milk substitute
- 1/4 cup pure maple syrup
- 1 teaspoon gluten free vanilla extract
- 1/2 teaspoon gluten free almond extract
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cardamon
- 1/4 teaspoon salt
- 1/4 cup walnuts or other nut, optional

Apricot Glazed Pork Tenderloin

- 2 pounds pork tenderloin
- ½ tablespoon olive oil
- ¾ cup apricot preserves

Oven "Fried" Basil Chicken

(double if freezing an extra batch)

- one cup dairy free plain yogurt
- 2 tablespoon honey
- 4 cups cornflakes
- ½ cup fresh basil
- 6 6 ounce boneless skinless chicken breasts

Curried Shrimp and Rice

- 1 1/2 cups chicken stock
- 1 1/2 cups jasmine rice
- 3 1/2 tablespoons cornstarch
- 1/4 cup gluten free chicken stock
- 3 1/2 tablespoon gluten free soy sauce
- 1 1/2 T gluten free curry powder
- 1 tablespoon cane juice crystals
- 3 tablespoons coconut or olive oil
- 1 1/2 lbs frozen medium precooked shrimp, peeled and deveined
- 9 oz pkg sugar snap peapods
- 4 green onions
- 4 cloves garlic, minced

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Succini to serve 6
- Berries to serve 6
- Mixed greens salad to serve 6 for 2 meals
- Salad dressing to serve 6 for 2 meals