



ANGELA'S KITCHEN - GROCERY LIST FOR SEPTEMBER 16, 2013

Chicken Pad Thai

- 12 oz gluten free rice pad thai noodles
- 1/3 cup chopped peanuts
- 1 t finely minced fresh lime zest
- 1/4 cup fish sauce
- 3 T brown sugar
- 3 T lime juice
- 2 T rice vinegar
- 1 T gluten free Sriracha sauce
- 3 T oil (I used coconut oil)
- 1 egg
- 1 lb boneless, skinless chicken breasts or thighs
- 4 t minced garlic
- 2 cups fresh mung bean sprouts
- 1/2 cup green onions
- 3/4 cup fresh cilantro

Stir-Fried Bok Choy

- 1 pound bok choy
- 2 T gluten free chicken stock
- 1 T gfcf oyster or fish sauce
- 1 1/2 t gluten & dairy free, lower sodium soy sauce
- 1 1/2 t cornstarch, arrowroot flour or tapioca starch/flour
- 1/2 t sugar
- 1 T vegetable oil
- 2 slices fresh ginger root
- 1 clove garlic, crushed and peeled

Apple French Toast Casserole

(double if freezing an extra batch)

- 3 T olive oil or coconut oil
- 3 large cooking apples
- 1/2 cup brown sugar
- 1/4 cup maple syrup
- 1 t ground cinnamon
- 1 loaf of gluten & dairy free bread or French bread (I like using mine: <http://angelaskitchen.com/2007/06/14/gluten-and-dairy-free-french-bread/>), cut into about 3/4" cubes, about 8 cups
- 6 large eggs
- 1 3/4 cups dairy free milk substitute (I like almond milk)
- 1/2 cup canned coconut milk
- 1/4 cup maple syrup
- 1 1/2 T gluten free vanilla
- 1 t ground cinnamon
- 1/4 t ground nutmeg
- 1/4 t salt

Turkey Sausage

- 20 oz. package ground turkey
- 4 T onion
- 3/4 t dried marjoram
- 1/2 t thyme
- 3/4 t sage
- 3/4 t salt
- 1/2 t ground pepper
- 1/2 t dried oregano
- 1/2 t fresh minced garlic
- 1/4 t ground nutmeg
- 1/4 t ground dried ginger
- 1/8 to 1/4 t cayenne pepper
- 1 egg, optional

Broiled Pork Tacos

- 2 lbs trimmed pork tenderloin or boneless skinless chicken breasts or thighs
- 2 t dried cilantro
- 1 T maple syrup or honey
- 1 t salt
- 1/2 t onion powder
- 1/2 t garlic powder
- 1/2 t gluten free chili powder
- 1/2 t ground cumin
- 1/2 t fresh ground black pepper
- 1/2 t dried oregano

Gluten Free Flour Tortillas

- 3 c Better Batter Gluten Free Flour
- 2 t baking powder
- 1 t salt
- 4-6 T shortening

Red Cabbage Apple Slaw

- 1/2 cup gluten and dairy free mayonnaise
- 2 T cider vinegar
- 1 small red cabbage (1 1/2 pounds)
- 2 medium Granny Smith apples

Mediterranean Chicken

- 6- 6 ounce boneless, skinless chicken breasts
- 3 T olive oil
- 1 large sweet onion
- 6 garlic cloves, minced
- 3/4 cup gluten free chicken broth
- 1 - 14.5 ounce can diced tomatoes
- 3.4 cup pitted kalamata olives
- 3 T fresh oregano
- 3 T fresh parsley

Basic Quinoa

- 2 cups uncooked quinoa
- 4 cups water, gluten free chicken, beef, vegetable stock, or a mix of water & stock

Tuna Noodle & Vegetable Casserole

(double if freezing an extra batch)

- 12 oz gluten free pasta
- 2 tablespoons olive oil
- 3/4 cup onion
- 1 1/2 red bell peppers
- 1 1/2 cups mushrooms
- 1/4 cup sweet rice flour
- 3 cups chicken or vegetable broth (or more if needed)
- 6 T gluten and dairy free mayonnaise
- 1 T dried parsley
- 1 t dry thyme
- 14 oz can artichoke hearts
- 3/4 cup frozen peas
- 12 ounces canned gluten & dairy free tuna
- Optional topping: 3/4 - 1 cups gluten free dairy free bread crumbs or potato chips
- paprika

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Mixed greens salad for 6 plus your favorite dressing, if desired.
- Melon to serve 6