



GROCERY LIST FOR OCTOBER 1, 2013

Chicken and Broccoli Casserole

(double if making a batch for freezing)

- ☐ 4 c cooked brown rice
- ☐ 2 lbs boneless, skinless chicken
- ☐ 20 oz bags of chopped broccoli
- ☐ 1/4 c gluten and dairy free margarine
- ☐ 1/4 c olive oil
- ☐ 2 cloves garlic, minced
- ☐ 3/4 c sweet rice flour
- ☐ 4 c gluten & dairy free unsweetened milk substitute of choice (I like almond milk)
- ☐ 2 c gluten & dairy free chicken broth
- ☐ 1/2 tablespoon dried parsley
- ☐ 1 c gluten & dairy free mayonnaise

Thousand Island Dressing

- ☐ 1/2 c dairy free mayonnaise
- ☐ 2 T ketchup
- ☐ 1 T apple cider vinegar
- ☐ 1 t honey
- ☐ 2 t sweet pickle relish
- ☐ 1 t finely minced onion

Enchilada Meatballs

(double if making a batch for freezing)

- ☐ 2 lbs ground beef
- ☐ 2 c gluten & dairy free corn bread
- ☐ 1/4 c minced fresh cilantro
- ☐ 1/2 t salt
- ☐ 1/2 t ground black pepper
- ☐ 1 1/2 c gluten free enchilada sauce
- ☐ 1 c gluten & dairy free tomato sauce
- ☐ 1/2 cup gluten & dairy free cheese replacement, optional

Spinach Salad

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

Gluten Free Texas Roadhouse Roll Clones

- ☐ 2 t active dry yeast
- ☐ 1 t sugar
- ☐ 1 1/2 cups milk substitute
- ☐ 1 T melted coconut oil
- ☐ 1/4 c sugar
- ☐ 3-4 cups Better Batter flour
- ☐ 1 egg
- ☐ 1 t salt

Chicken Sausage Broccolini Quinoa

- ☐ 1 T olive oil
- ☐ 1 1/2 c well-rinse quinoa
- ☐ 3 c gluten free chicken stock
- ☐ 1/2 c golden raisins
- ☐ 1 T olive oil
- ☐ 1 medium onion
- ☐ 1 - 12 oz package fully cooked chicken-apple sausage (no nitrates, if you can)
- ☐ 1 lb broccolini, broccoli rabe (or rapini), or asparagus
- ☐ 1/2 t salt
- ☐ 1/4 t ground pepper
- ☐ 1/2 c toasted sliced almonds

Twice Baked Spinach Mushroom Garlic Stuffed Potatoes

(I will get mine from freezer, but these are the ingredients to make a batch)

- ☐ 2 large russet potatoes
- ☐ 2 Jersey yams
- ☐ favorite oil, like olive oil or coconut
- ☐ 1 medium red onion, diced
- ☐ 4 garlic cloves, pressed
- ☐ 2 T olive oil
- ☐ 1-2 tbsp fine brown rice flour
- ☐ 2 cups unsweetened almond milk
- ☐ 3 T nutritional yeast
- ☐ 10 oz pkg. of frozen chopped spinach
- ☐ Garlic powder to taste
- ☐ 8 oz pkg of sliced baby portobellos

Corn, Tomato and Onion Salad

- ☐ 1-1/4 lbs. frozen corn
- ☐ 4 tomatoes
- ☐ 2 medium sweet onions
- ☐ 2 T plus 2 t balsamic or red wine vinegar
- ☐ 2 T olive oil
- ☐ 2 T water
- ☐ 1 T basil, or 1/4 cup fresh, chopped

Pork Roast with Apples and Pears

- ☐ 2 lbs boneless pork roast or pork loin
- ☐ 1 c apple cider
- ☐ 1 1/2 c chopped sweet onion
- ☐ 2 medium apples
- ☐ 2 medium pears
- ☐ 1 t dried thyme (or 1 T fresh thyme)
- ☐ 1/2 teaspoon dried rubbed sage

Serving suggestions/also needed:

- ☐ Salt and ground black pepper, to taste
- ☐ Mixed greens salad to serve 6
- ☐ Broccolini to serve 6