



# GROCERY LIST FOR DECEMBER 16, 2013

## Balsamic Glazed Chicken

- 1/2 c brown sugar
- 3/4 c balsamic vinegar
- 3/4 c honey
- 2 T minced fresh rosemary
- 7 t chopped garlic
- 2 lbs chicken tenders

## Riced Cauliflower

- 1 T olive or coconut oil
- 1 head of cauliflower
- 3 to 4 T gluten and dairy free chicken or vegetable stock

## Shrimp Pad Thai with Broccoli

- 12 oz gluten free rice pad Thai noodles
- 3 T dark brown sugar
- 3 T creamy peanut butter
- 3 T gluten free low sodium soy sauce
- 1 1/2 T gluten free fish sauce
- 1 1/2 T fresh lime juice
- 1 T gluten free chili garlic sauce
- 3 T oil
- 1 lb peeled and deveined medium shrimp
- 1 lb broccoli
- 6 green onions
- 6 garlic cloves, minced
- 1 c fresh bean sprouts
- 1/4 c chopped dry-roasted peanuts
- 1/3 c fresh basil regular or purple Thai basil

## Beef and Butternut Stew

(double ingredients if making a batch for the freezer)

- 1 medium onion
- 3 cloves garlic, minced
- 3 medium carrots
- 1 1/2 c butternut squash
- 1 1/2 lbs beef stew meat
- 3/4 c red wine, gluten free beer or beef stock
- 1/2 c gluten free beef stock
- 14.5 oz can diced tomatoes
- 1 whole bay leaf
- 1 t dried basil
- 1 t dried oregano
- 1 t dried thyme
- 10 oz. package frozen green beans
- 1/2 t salt
- 1/2 t black pepper, ground

## Date Nut Bread

- 1 c coarsely chopped toasted walnuts
- 1 c chopped dates (be sure to get gluten free ones - NOT rolled in oat flour)
- 1/2 c honey
- 1/2 t salt
- 1/8 t baking soda
- 3/4 c very hot water
- 1/2 c white rice flour
- 1/2 c brown rice flour
- 1/2 c potato starch (NOT potato flour)
- 1 t xanthan gum
- 1/2 t gluten free baking powder
- 1/2 t baking soda
- 2 eggs or egg substitute
- 1 1/2 t gluten free vanilla extract
- 1 t ground cinnamon
- 1/4 t ground cloves

## Braised Mediterranean Chicken

- 2 T olive oil
- 4 to 5 lb chicken, cut up, skin removed
- 1 t salt
- 1/2 t ground black pepper
- 3/4 c white wine, non-alcoholic white wine or cider
- 1 c gluten free chicken broth or stock
- 6 cloves minced garlic
- 2 t Herbes de Provence or Italian Seasoning
- 1 lemon
- 1 large red onion
- 1 1/2 c frozen or canned artichoke hearts
- 3/4 c green olives

## Basic Vinaigrette

- 1 T Dijon mustard
- 4 T balsamic vinegar
- 1 t sugar
- 1/4 c extra virgin olive oil

## Taco Pizza

- 2 gluten & dairy free pizza crusts (purchased or make this one: [gluten & dairy free pizza crust dough](#) with 1 1/2 cups brown rice flour, 1/2 cup amaranth flour, 2 cups tapioca flour, 3 teaspoons xanthan gum, 1 teaspoon salt, 2 tablespoons active dry yeast, 1 tablespoon sugar, cane juice crystals, agave, honey, maple syrup or sweetener of choice, 3 tablespoons olive oil, 4 egg whites at room temperature (egg-free: use flaxseed replacement), and more olive oil for spreading pizza dough.)
- 1 lb ground beef
- homemade taco seasoning (made from: 2 t instant minced onion, 1 t salt, 1 t chili powder, 1/2 t cornstarch, 1 t ground cumin, 1/2 t instant minced garlic, 1/2 t crushed, dried red pepper (optional), and 1/4 t dried oregano)
- 3/4 c diced tomatoes
- 1/3 c sliced black olives
- 1 c chopped or shredded lettuce (I often use fresh spinach)
- 3/4 c crushed gluten free tortilla chips
- 1 c shredded gluten and dairy free cheese substitute, optional
- gluten free salsa, optional
- guacamole, optional

## Simple Arugula Garden Salad

- 3 c baby arugula or torn arugula if larger leaves
- 1 c cherry tomatoes
- 1 small zucchini
- 1 small cucumber
- 1/2 c toasted walnuts
- 3 T olive oil
- 1 1/2 T white balsamic vinegar
- 1 1/2 t Dijon mustard
- 1/4 t salt
- 1/8 t coarse ground black pepper

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Asparagus to serve 6
- Kale salad to serve 6