



GROCERY LIST FOR DECEMBER 9, 2013

Roasted Fish and Tomatoes and Olives

- 2 lbs red new potatoes (try different colors or half sweet potatoes)
- 4 garlic cloves, minced
- 3 T olive oil
- 6 fillets fish (4-6 oz. each) of choice
- 1 pint grape/cherry tomatoes
- ½ c pitted Kalamata olives

Teriyaki Burgers

(double ingredients if freezing a batch)

- 2 lbs ground beef
- ⅓ c green onions
- ⅓ c gluten free soy sauce
- ¼ c fresh cilantro
- 2½ t grated fresh ginger
- 2 t minced garlic
- ¾ t ground black pepper

Seasoned Green Beans

(from freezer OR pick up these ingredients)

- 2 T olive oil
- 1 T minced garlic
- 2 green onions
- 1 sweet pepper
- 1 t dried basil (or 1 T fresh)
- ½ t salt
- ½ t pepper
- 1 (20 oz) package frozen green beans

Chicken Jambalaya

(double ingredients if freezing a batch)

- 1½ lbs boneless skinless chicken breasts or thighs (I prefer thighs), cut into 1-inch cubes
- 14 oz. gluten/dairy free kielbasa or smoked sausage (preferably nitrate free)
- 1 - 28 oz. fire roasted diced tomatoes
- 2 medium onions
- 2 green bell peppers
- 2 stalks celery
- 1 c gluten free chicken broth
- 3 garlic cloves, minced
- 4 t dried oregano
- 1 t dried thyme
- ¾ t paprika
- ½ t salt
- ½ t garlic powder
- ½ to 1 t chili pepper flakes
- ¼ t onion powder
- ¼ t black pepper
- 3 bay leaves

Blender Corn Bread

- 1 c gluten free dairy free unsweetened milk substitute
- 1 t lemon juice or cider vinegar
- ¼ c olive oil

- 3 T maple syrup
- 2 c corn polenta or coarse ground corn meal
- 2 eggs
- 1½ t gluten free baking powder
- ½ t baking soda
- 1 t salt

Spinach Pasta Casserole

- 2 T olive oil
- 8 oz. sliced mushrooms
- 1 onion
- 1 jalapeño pepper, optional
- 16 oz dairy free cream cheese substitute
- ⅓ c vegan gluten free Parmesan replacement
- ¼ cup non-dairy milk substitute
- 1 (10 oz.) pkg. frozen spinach
- ¾ t ground nutmeg
- 2 eggs
- 1 lb gluten-free macaroni
- ½ c vegan gluten-free mozzarella replacement, optional

Basic Vinaigrette

- 1 T Dijon mustard
- 4 T balsamic vinegar
- 1 t sugar
- ¼ c extra virgin olive oil

Pork Chops with Apple Cranberry Sauce

- 2 lbs boneless loin chops, 3" thick
- 3 tablespoons olive oil
- 2 T maple syrup
- 1 c celery
- 2 c tart or semi-tart cooking apple
- 1¼ c onion
- 1 c dried cherries
- 1 t ground cinnamon
- ½ c gluten free chicken broth
- ½ c fresh or frozen cranberries
- ¼ c apple juice
- 2 T apple cider vinegar
- 2 T gluten free spicy mustard

Rich & Creamy Mashed Cauliflower

- 1 large head cauliflower (6 c)
- 1 clove garlic (optional)
- ¼ c gluten & dairy free mayonnaise
- ¼ t salt
- 1 T fresh basil leaves (optional)

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Broccoli to serve 6
- Pineapple to serve 6
- Brussels sprouts to serve 6
- Mixed greens salad to serve 6