



January 12th Gluten Free
Shopping List

This Week's Menu: Tilapia w/ Greens, Tortilla Soup, Stuffed Cabbage, Roast Chicken, Fish Tostadas

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	Lean Ground Beef or Turkey	1 pound		5
	Whole chicken	2 whole	organic	18
	Tilapia	2 pounds		18

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	collard or mustard greens	2 pounds		3
	tomato	6 medium		4
	fresh parsley (or cilantro)	1 bunch	to yield 4 Tablespoons	2
	new potatoes	2 pounds	about 4 medium	3
	fresh rosemary	1 bunch	to yield 1 Tablespoon	2
	cabbage	1 head	need 8 leaves intact	2
	lime	2		1
	avocado	3		3
	romaine lettuce	2 heads	for salads	3
	if making stock in prep			
	carrots	3 medium		1
	celery	3 ribs		1

Got it!	Dairy	Quantity	Notes	Est Cost
	Monterey jack cheese	8 oz	2 cups, shredded	3

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	quinoa	3 cups dry		2
	corn tortillas	8	6"	2

Fresh 20 Grocery Est 73
 Cost Per Dinner 14.6
 Cost Per Serving 3.65

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	6 Tablespoons	chicken stock (or vegetable)	10 cups
	garlic	10 cloves	organic butter	1 Tablespoon
	onions	3 medium	eggs	
	dried oregano	1/2 teaspoon	tomato paste	4 oz
	cumin	3/4 teaspoon	Dijon mustard	
	sea salt	3 teaspoons	balsamic vinegar	1 Tablespoon
	black pepper	1.5 teaspoon	black beans (low sodium, canned)	14 oz
	red chili flakes	1/2 teaspoon	red chili powder	1/4 teaspoon
	brown sugar	2 teaspoons	flour	

PREP AHEAD OF TIME:

You can certainly roast the chickens ahead of time since they take almost an hour to cook. If you do roast them ahead, remove all the meat and store in an airtight container.

As an option this week, make chicken stock with the bones. It's easy!!

In a large stockpot, add the carcass to 8-12 cups of water depending on the size of your pot. Add 3 carrots, 2 celery ribs and 1 onion. All can be very loosely chopped. Simmer for an hour until liquid has reduced. Remove carcass and continue to simmer. Strain thru a mesh metal colander. Voila! Simple stock. Use it for the tortilla soup!

GLUTEN FREE NOTES:

Not all store bought stocks are gluten free. Check the label.

Making your own chicken stock guarantees you have a naturally gluten free stock. Delicious!

MENU:

MONDAY

Tilapia on Winter Greens
Tomato Couscous

TUESDAY

Roasted Chicken
Rosemary Potatoes
Simple Side Salad

WEDNESDAY

Fish Tostadas

THURSDAY

Stuffed Cabbage Rolls

FRIDAY

Chicken Tortilla Soup

DIRECTIONS:

Preheat oven to 500°F. Remove any neck or liver pieces from chicken cavity.

Rinse chickens in cold water, pat dry and place on aluminum foil lined baking sheet or set in roasting pan. Melt butter and combine with olive oil in small bowl.

Cut garlic cloves in half and stuff inside chickens. Cut onion in half and stuff one half in each chicken.

Use hands or pastry brush to evenly coat both chickens with oil/butter mixture.

Sprinkle salt & pepper evenly over both chickens. Roast 15 minutes in the preheated oven.

Toss quartered potatoes with olive oil, salt and rosemary.

Arrange potatoes around chickens on roasting pan or baking sheet. Reduce heat to 450°F and continue roasting both potatoes and chicken for 15 minutes.

Baste chicken if there are pan drippings, reduce heat to 425°F and continue roasting 20 minutes. Note: Chicken is done when internal juice is clear. Let stand 10 minutes.

Slice breast and thighs off both chickens. Remove legs and wings and arrange all meat on serving tray.

Set aside at least 1 breast and 2 thighs for another recipe.

Serve with simple romaine lettuce salad and any pantry dressing desired. Add any refrigerator items that need to get used up to the salad. This could be veggies, fruit, or nuts. Be creative and don't let anything go to waste. Salads are the perfect way to utilize everything.

GLUTEN FREE NOTES:

This meal is naturally gluten free!

INGREDIENTS:

2 whole chickens

1 Tablespoon olive oil

1 Tablespoon butter

½ teaspoon each salt & black pepper

4 cloves garlic, peeled

1 large onion

2 pounds new potatoes (about 4), scrubbed and quartered

1/2 teaspoon sea salt

1 Tablespoon olive oil

1 Tablespoon rosemary, finely chopped

1 head romaine

DIRECTIONS:

Boil greens in 2 cups chicken stock for 10 minutes. Drain greens, reserving 1 cup liquid.

Sauté the onions and garlic in the olive oil on medium heat, for 5 minutes. Stir in the boiled greens, red pepper flakes, salt and pepper. Arrange tilapia pieces on top of greens. Pour reserved liquid over fish, cover and steam for 10 minutes, until fish is flaky.

Remove half the fish and set in a airtight Ziploc bag for another recipe.

Meanwhile, boil 2 cups water. Stir in 1 cup quinoa grain and ¼ teaspoon sea salt. Cover, remove from heat and let rest for 5 minutes.

Fluff with a fork and stir in tomato and parsley.

Serve 3-4 pieces of fish with 1 cup greens and ½ cup tomato couscous

GLUTEN FREE NOTES:

1. Traditional Quinoa (pronounced "keen-wah") grains look similar to couscous except they pack a mighty powerful fiber and protein punch.
2. Ancient Harvest Brand makes a terrific line of quinoa-based products that are also organic. It includes the traditional grain, flakes and pastas. Delicious!
3. Find it here: <http://www.quinoa.net/106.html>

INGREDIENTS:

2 pounds collard, mustard or kale greens, washed, stems removed, and cut into small pieces

2 cups gluten free chicken or vegetable broth

1 Tablespoon olive oil

½ medium onion, chopped

2 cloves garlic, minced

½ teaspoon red pepper flakes

½ teaspoon sea salt

½ teaspoon black pepper

2 pound tilapia filets (cut into 2 inch strips) !!! half will be used for another recipe

1 cup dry quinoa grain

2 cups or water

¼ teaspoon sea salt

1 tomato, chopped

1 Tablespoon fresh parsley, chopped

DIRECTIONS:

Preheat oven to 400°F. Coat tortillas with olive oil on both sides. Arrange the tortillas on a large baking sheet. Bake, turning once, for 8 minutes until slightly browned.

Combine cumin and black beans. In a microwave bowl, heat beans on high for 2-3 minutes. Mash slightly with a fork. Set aside.

Toss cabbage, 1 teaspoon lime juice, salt, and parsley (or cilantro). Set aside.

Peel and mash avocados. Mix with onion, ½ teaspoon lime juice and chopped tomato. Salt and pepper to taste.

For this recipe, each person gets one tostada. Pile on the toppings to make a filling meal!

Start with a layer of black beans, and then add a scoop of the avocado mix. Next, add a layer of fish. Followed by the cabbage mix and then topped with cheese! Yum. Just yum.

GLUTEN FREE NOTES:

1. Make sure the corn tortillas are gluten free.

INGREDIENTS:

- 1 Tablespoon olive oil
- 4 gluten free corn tortillas (6")
- 14 oz black beans, drained
- ½ teaspoon cumin
- ¼ head cabbage, shredded
- 1 lime, juiced
- 1 Tablespoon cilantro or parsley, finely chopped
- ¼ medium onion, finely chopped
- 2 Avocados
- 1 tomato, finely chopped
- ¾ pound cooked Tilapia (leftover: used reheated or cold)
- 1 cup Monterey Jack Cheese

DIRECTIONS:

Prepare quinoa according to package to yield 2 cups.

Bring a large pot of water to a boil. Boil cabbage leaves 2 minutes; drain. Trim the thick white spine base of each leaf so that the cabbage is even and can be rolled up easily.

In large bowl, combine quinoa, garlic, onion, ground beef, cumin, salt, and pepper.

Place about 1/3 cup of meat mixture in center of each cabbage leaf, and roll up, tucking in ends.

Pour 1 cup of stock into a large 5 quart skillet or Dutch oven and arrange the cabbage rolls in the bottom.

In a medium bowl, whisk together tomato paste, stock, balsamic vinegar, and brown sugar. Pour over cabbage rolls.

Cover and bring to a bowl. Reduce heat to low and simmer for 30 minutes.

Cabbage rolls are done when outer skin is soft and inner filling is no longer pink.

Serve with leftover rosemary potatoes and/or winter greens.

GLUTEN FREE NOTES:

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INGREDIENTS:

8 leaves cabbage

2 cups prepared traditional quinoa grains (looks like couscous)

2 cloves garlic, finely minced

½ medium onion, finely chopped

½ teaspoon sea salt

½ teaspoon black pepper

¼ teaspoon ground cumin

1 pound lean ground beef or ground turkey

4 oz tomato paste

2 cups chicken broth - gluten free

1 Tablespoon balsamic vinegar

2 teaspoons brown sugar

This soup is an extremely satisfying winter meal. It's flavorful, without being too spicy.

DIRECTIONS:

Place fresh tortillas on a baking sheet and put them in the oven at 200°F for 15 minutes to dry them out. Cut into 1" x 1/2" strips.

In a medium stockpot, heat oil over medium heat and sauté onion and garlic until soft, about 4 minutes. Stir in chili powder, oregano, and tomatoes. Break up tomatoes and simmer for 5 minutes. Add stock, lime juice, cilantro (or parsley), and chicken.

Simmer for 10 minutes. Drop half of the tortillas into the soup to thicken. Stir well.

For tortilla crisps:

In medium pan, heat oil over medium-high heat. Fry remaining tortilla strips in oil until light brown and crisp. Remove from pan; drain on paper towels.

To serve:

Ladle soup into 4 individual serving bowls. Top with remaining tortilla strips, avocado slices, and cheese.

Side salad:

Toss romaine with pantry dressing and any other on hand items to make an easy salad.

GLUTEN FREE NOTES:

1. Make sure that your corn tortillas and chicken broth are gluten free.
2. Chose a pantry dressing that is gluten free. Wheat is usually a main ingredient and easy to spot on the ingredients list. Many brands have naturally gluten free dressings. Read ingredients and look for "wheat, rye, barley or malt." If it contains one of those ingredients, chose a different dressing that does not.

INGREDIENTS:

4 gluten free corn tortillas

2 Tablespoons olive oil

3/4 medium onion, finely chopped

2 garlic cloves, minced

3/4 teaspoon salt

½ teaspoon dried oregano

¼ teaspoon red chili powder

4 medium tomatoes, cored and loosely chopped

4 cups gluten free chicken broth

1 lime, juiced

¼ cup cilantro or parsley, chopped

2 cups shredded chicken, previously roasted

1 avocado, Pit removed and sliced

4 oz Monterey Jack cheese, shredded

For salad:

1 head romaine, washed and cut into bite size pieces

¼ cup pantry dressing (gluten free)