



GLUTEN FREE January 26th
Shopping List

This Week's Menu: Lamb Pita, Lobster Tostadas, Winter Risotto, Beef Stroganoff, Vegetable Beef Soup

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	Lobster Tail	3		15
	Ground Lamb	1 pound	ask butcher	8
	Sirloin Steak	2 pounds		12

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	cucumber	2		2
	lemon/lime	1 each		1
	red bell pepper	2		3
	baby spinach	7 cups		4
	zucchini	2		2
	parsley	1 large bunch		1
	radish	6		1
	poblano pepper	1 medium		1
	cabbage	1/2 head	you can usually find a half	2
	mushrooms	8 oz		2
	tangerines	12		2
	carrots	6		2
	celery	1 head	to yield 6 ribs (stalks)	2
	russet potato	4 large		3
	avocado	1		1

Got it!	Dairy	Quantity	Notes	Est Cost
	Greek yogurt	1-1/2 cup		2
	Parmesan	1/2 cup		2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	gluten free pasta	1 pound		5
	corn tortillas (gluten free)	4		2
	arborio rice	1.5 cups		2

Fresh 20 Grocery Est 77
 Cost Per Dinner 15.4
 Cost Per Serving 3.85

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	3.5 Tablespoons	gluten free chicken stock (or vegetable)	100 oz
	garlic	2 cloves	organic butter	3 Tablespoons
	onions	3 medium	black beans (low sodium)	1-14oz can
	dried oregano	1 teaspoon	tomato paste	
	cumin	2-.5 teaspoons	Dijon mustard	1 teaspoon
	sea salt	4 teaspoons	balsamic vinegar	1 Tablespoon
	black pepper	2 teaspoons	pantry dressing	1/4 cup
	red chili powder	1/8 teaspoon	pasta	
	brown sugar		rice flour	2 Tablespoons

PREP AHEAD OF TIME:

YOGURT CUCUMBER SAUCE

In a blender or food processor, puree cucumber, HALF the yogurt and parsley. Squeeze in juice of one lemon. Transfer to bowl. Mix in remaining yogurt and a dash of salt. Set aside. If making ahead, cover sauce and refrigerate for up to 4 days.

SIRLOIN STEAK

- 2 pounds top sirloin
- 1 teaspoon black pepper
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 Tablespoon olive oil

Preheat oven to 375.

Rinse and pat dry steaks and place in 9x13 glass pan
Sprinkle with black pepper and ground cumin. Drizzle with 1 teaspoon olive oil.

Heat grill pan or skillet and coat pan bottom with 1 teaspoon salt (or throw them on grill and sprinkle with salt!)

Place steaks over salt layer in grill pan and sear on each side for 10 minutes.

Remove them from heat, tent with foil and let stand. Divide steak up between two Ziploc bags. It will be used for 2 recipes this week.

Soup Base:

- 1 Tablespoon butter
- 1 Tablespoon olive oil
- 2 medium onions, chopped
- 4 carrots cut in round discs
- 2 celery ribs, cut into ½" pieces
- 8 cups gluten free chicken stock

Melt butter and olive oil in large stock pot.

Add chopped onion, carrots and celery and cook 5-10 minutes until slightly brown.

Add chicken stock and let simmer for ½ hour on low.

Let cool down and store in fridge until soup night.

MENU:

MONDAY

Lamb "Skins"
Spinach Salad

TUESDAY

Lobster Tostadas

WEDNESDAY

Beef Stroganoff (Light)
Veggie Dippers

THURSDAY

Winter Risotto
Salad

FRIDAY

Vegetable Beef Soup
w/ spinach
Tangerines

I know some of you have an aversion to lamb. My family does too; except when I make this dish. Everyone asks for seconds. Lamb is a lean, nutrient rich meat. Go for it!

DIRECTIONS:

In a medium skillet, sauté onions until translucent, about 4 minutes. Add salt, cumin and oregano and mix well. Add ground lamb, browning over medium heat until pink is gone. If necessary, drain a little fat from the pan or blot with a paper towel.

In a blender or food processor, puree cucumber, HALF the yogurt and parsley. Squeeze in juice of one lemon. Transfer to bowl. Mix in remaining yogurt and a dash of salt. Set aside. If making ahead, cover and refrigerate for up to 4 days. Note: Put aside ½ cup for dippers another night.

Poke holes in the potatoes and place on microwave plate. Cover with clear wrap and microwave on high for 6 minutes. Cut in half, mash a little while keeping the skin as a flat base and arrange on a platter for serving.

Spoon 3 Tablespoons of lamb meat onto each potato half, followed by 2 Tablespoons yogurt sauce. Top with chopped bell pepper. Repeat with remaining ingredients.

In a large salad bowl, combine spinach, tangerine sections and dressing. Sprinkle with black pepper and serve.

Portions:

Small children will only need a half potato and two tangerines.

Adults should eat no more than two potato halves and have at least a cup of spinach/tangerine salad.

INGREDIENTS:

- 1 pound ground lamb
- ½ medium onion, chopped
- ½ teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon salt
- 1 cucumber, peeled
- 1 cup Greek yogurt, plain, nonfat
- 1 lemon
- One large handful of parsley leaves with stems
- dash of salt
- 1 red bell pepper, seeded and chopped
- 4 russet potatoes, scrubbed
- 4 tangerines, peeled and taken apart
- 3 cups baby spinach, washed and chopped
- ¼ cup pantry dressing (online)
- dash of black pepper

This dinner is light and satisfying. You can use any fish or seafood; I just think it's a great way to treat myself with Lobster on a weeknight!

In a small frying pan over medium/high heat, heat oil until a drop of water sizzles as you drop it.

Fry tortilla lightly on one side (approximately 2 min) and then flip it over and fry the other side. Remove and place on paper towel to drain the oil. Repeat for remaining tortillas.

In a small bowl, mix the Greek yogurt with the radishes. Set aside.

In a small saucepan, over medium heat, sauté garlic and chiles in olive oil for 3 minutes.

Add lobster meat and lime juice, cooking until lobster is just warm in center.

Place a heaping scoop of lobster mixture on top of pita round. Sprinkle with salt and pepper.

Cover each with with 1 cup cabbage and ¼ cup yogurt sauce.

Top with avocado slices and any leftover red bell pepper. Garnish with parsley. Grab a fork and dig in!

Serve with side of warmed black beans seasoned with cumin.

Gluten Free Note:

Make sure the brand of corn tortillas you purchase does not contain any wheat!

INGREDIENTS:

¼ cup of olive oil

4 gluten free corn tortillas (6")

6 radishes, minced

1/2 cup plain, Greek yogurt

2 cloves garlic, minced

1 green poblano pepper, seeds removed & minced

3 cooked lobster tails, shell removed, chopped

1 lime, juiced

Salt and pepper to sprinkle

¼ head cabbage, shredded

1 avocado, pit removed and sliced

1/4 bunch parsley, chopped

If leftover: chopped red bell pepper

1 – 14oz can low sodium black beans
½ teaspoon ground cumin

DIRECTIONS

Boil salty water for gluten free pasta. Cook pasta according to package, draining while they are still slightly firm (al dente). Toss with a little olive oil to keep from sticking. *Place 2 cups plain cooked noodles in plastic bag and reserve for a lunch or snack. Example: Add ½ cup to a lunch time salad.

In a large skillet on high, heat olive oil. Sauté onion until translucent, about 4 minutes. Add steak and heat through. Stir in salt & chili powder. Transfer onions and steak to bowl.

In same skillet, melt butter; add potato starch and cook for 1 minute. With a whisk, pour in stock and bring to boil; thicken 1 minute. Reduce heat. Whisk in mustard and yogurt, thickening 2 to 3 minutes. Combine with mushrooms. Remove from heat. Salt and pepper to taste.

Arrange noodles on a large platter. Top with meat/onion mix and then pour Stroganoff sauce over meat and noodles. Garnish with finely chopped parsley.

Serve with raw vegetables and individual servings of cucumber yogurt dip for a fun side.

Portions! This makes enough for lunch the next day. 2 cups is the MAX serving size with at least 1 cup of vegetables per person and as much dip as you want.

Gluten Free Notes:

1. Schar makes a flat noodle pasta called Tagliatelle. It's perfect for Beef Stroganoff. If you can't find that, use your favorite gluten free pasta.
2. For a gluten free roux, this recipe calls for potato starch and butter. You can also use corn starch. (gluten free rice flours don't have enough fat to work as a roux)
3. Double check that your chicken stock/broth and Dijon mustards are gluten free.

INGREDIENTS:

2 Tablespoons butter
 2 Tablespoons potato starch
 2-1/2 cups gluten free chicken stock

1 teaspoons gluten free Dijon mustard

½ cup plain Greek yogurt, nonfat

1 Tablespoon olive oil

8 oz button mushrooms, stems removed and sliced

1/2 medium onion, sliced

Salt to taste (about ½ teaspoon)

1/8 teaspoon red chili powder

1 pound cooked sirloin, cut into thin 1" strips

1 pound gluten free noodles (Schar makes a flat noodle) or other gluten free pasta

black pepper to taste

1 Tablespoon parsley, finely chopped

For veggie dippers

1 medium cucumber, peeled and cut into rounds
 2 medium carrots, peeled and cut into sticks
 4 celery ribs, cut into sticks
 1 red bell pepper, seeded and cut into strips
 ½ cup leftover yogurt sauce from pita night

DIRECTIONS:

In a heavy bottom pot, heat olive oil and sauté onion for 2-3 minutes. Stir in risotto with salt and pepper and cook until rice starts to brown, stirring frequently. Pour in balsamic making sure to scrape bottom and remove any golden bits of rice. A flat edge wooden spatula works best for this!

Pour in 2 cups of stock and stir frequently until fully absorbed. Continue cooking by adding one cup at a time. This process should take about 20 minutes. Once you have added the last cup of stock, fold in spinach and zucchini. Continue cooking until spinach is wilted and all liquid has been absorbed. Remove from heat; stir in parsley and Parmesan. Risotto should be creamy but not have any liquid.

Here's the hard part. Do not eat more than 1-1/2 cups! That's 3 scoops using a 1/2 cup measure. This will be difficult. We tend to over eat starch dishes. It will be there tomorrow for lunch!

Serve with large salad made with 1/4 head cabbage, extra vegetables from fridge and a pantry dressing.
(<http://www.thefresh20.com/pantrydressings>)

INGREDIENTS:

1-1/2 Tablespoons olive oil

1/2 medium onion, chopped

1-1/2 cups Arborio rice (Risotto)

1 teaspoon salt

1 teaspoon black pepper

1 Tablespoon balsamic vinegar

5 cups gluten free vegetable (or chicken) stock

2 packed cups baby spinach

2 zucchini, chopped

2 Tablespoons parsley, chopped

1/2 cup Parmesan, grated

DIRECTIONS:

MAKE AHEAD:

Melt butter and olive oil in large stock pot.
Add chopped onion, carrots and celery and cook 5-10 minutes until slightly brown.
Add chicken stock, cumin, salt and pepper; simmer for ½ hour on low.
Let cool down and store in fridge until soup night.

DINNER NIGHT:

Bring soup base, lower heat to simmer and add cubed steak.

Simmer for 10 minutes then add spinach.

Simmer 5 minutes.

Serve in individual bowls with tangerines as a side.

KITCHEN TIP:

I like to add a Tablespoon of tomato paste to make it a little richer.
You can also add some chili flakes if you want to spice it up!
Throw in any extra vegetables you have in the fridge!

VEGETARIAN OPTION:

Substitute flank steak for extra firm tofu.
Substitute gluten free chicken stock for gluten free vegetable stock.

INGREDIENTS:

- 1 Tablespoon butter
- 1 Tablespoon olive oil
- 2 medium onions, chopped
- 4 carrots cut in round discs
- 2 celery ribs, cut into ½" pieces
- 8 cups gluten free chicken stock
- 2 cups packed baby spinach
- 3 cups diced flank steak
- 2 teaspoons each of cumin & salt
- 1 teaspoon black pepper
- 8 tangerines or Clementines