



January 5th Gluten Free
Shopping List

This Week's Menu: Carne Asada, Crab Cakes, Texas Steak Salad, Broccoli Cheese Soup, Pasta

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	Flank Steak	2 pounds	if choice is over or under, go over	12
	Crab Meat	1 pound	about 2 pounds fresh crab in shell	24
			can buy lumb crab in can if need	

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	fresh parsley	1 large bunch	to yield 1 cups chopped	2
	limes	3		1
	lemons	1	zest and juice used	1
	avocado	2		2
	cucumber	2		2
	radish	8		2
	shallots	4		2
	leeks	4 large		3
	russet potato	1 large		1
	broccoli	1-1/2 pounds	florets	2
	romaine lettuce	2 heads		3
	tomatoes	5 medium		4
	garbanzo beans	14oz	1 can, low sodium	2

Got it!	Dairy	Quantity	Notes	Est Cost
	cheddar cheese	6 oz	shredded	2
	blue cheese or gorgonzola	4 oz	see prep for gluten free brands	3
	Parmesan	2 oz	grated	2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	corn tortillas	6	6" size	2
	gluten free wheat bread	1 loaf	1/2 sliced & 1/4 for breadcrumbs	3

Fresh 20 Grocery Est 75
 Cost Per Dinner 15
 Cost Per Serving 3.75

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	1-1/2 cups	chicken stock (or vegetable)	6 cups
	garlic	9 cloves	organic butter	
	onions (at least one red)	2 medium	eggs	2
	dried oregano	1 Tablespoon	tomato paste	
	cumin	1 teaspoon	Dijon mustard	
	sea salt	6 teaspoons	balsamic vinegar	2 Tablespoons
	black pepper	2 teaspoons		
	red chili powder	1/4 teaspoon	gluten free pasta (short, penne or fusilli)	1 pound
	brown sugar	2 teaspoons		

Prep Ahead of Time:

Marinate Carne Asada Overnight

Make Chunky Tomato Salsa

Make Hummus

Gluten Free Notes:**Make or Buy Gluten Free Bread Crumbs:**

1. EnerG or Gillian's makes a terrific gluten free bread crumb
2. If you can't find those brands, take your favorite gluten free bread slices and toast on high until browned and crispy.
3. Grate in a food processor or blender until crumbs form. It should be like meal in texture. Store in an air tight container or Ziploc bag until ready to use.
4. If no breads are available, follow step #3 with your favorite gluten free rice cracker or Rice Chex Cereal.

MENU:**MONDAY**

Carne Asada
Chunky Tomato Salsa
Relish Plate

TUESDAY

Crab Cakes
Braised Leeks

WEDNESDAY

Broccoli & Cheese Soup
Hummus Toasts

THURSDAY

Entrée Steak Salad

FRIDAY

Tomato/Broccoli Penne

DIRECTIONS:

Flatten out your steak(s) and slice in half lengthwise (with a very sharp knife) to yield two thin pieces.

Combine olive oil, garlic, lime juice and brown sugar in a small bowl. Pat the steaks evenly on one side with the salt, pepper and cumin. Set in a large glass bowl or container. Cover with parsley. Pour olive oil blend over the steaks. Seal and let marinate in the refrigerator for up to 24 hours.

Preheat your grill or grill pan over high heat. Brush with a little oil to prevent the meat from sticking. Remove the steak from the marinade. Remove any parsley bits so they do not burn.

Arrange steaks on hot grill pan and cook for 3-4 minutes each side. Remove from grill pan and allow to rest covered in foil for a few minutes. Thinly slice the steak across the grain on a diagonal.

Serving plate:

4- 1" wide slices of steak, handful of corn tortilla chips, 1/2 cup salsa, ¼ avocado, ½ cup cucumber, 2 radishes, and optional dollop of plain yogurt

Chunky Tomato Salsa

2 medium tomatoes
 ¼ medium onion, finely, FINELY chopped
 ½ teaspoon salt
 ½ teaspoon olive oil
 ½ lime

Remove core from tomatoes. Chop into 1"x 1/2" pieces (roughly). Place in medium container (with lid). Mix in onions, olive oil and salt. Squeeze in lime juice. Combine all ingredients until well mixed. Cover and refrigerate for up to two days. Salsa is best when made ahead!

GLUTEN FREE NOTES:

1. Make sure the corn tortillas are gluten free (wheat should not be an ingredient!)
2. Make sure the Greek yogurt you choose is gluten free. (most are gf)

INGREDIENTS:

2 pounds flank or skirt steak (one pound will be used for another meal)

¼ cup olive oil

4 garlic cloves, minced

2 limes, juiced

1 teaspoon brown sugar

1 teaspoon sea salt

½ teaspoon black pepper

1 teaspoon ground cumin

½ cup fresh parsley leaves and stems, finely chopped

1 avocado, peeled, pit removed and cut into 8 wedges

1 medium cucumber, peeled and sliced

8 radish, washed and cut in half

6 corn tortillas (6"), cut into wedges and baked 10 minutes at 350 degrees until crispy

Optional: ½ cup Greek yogurt, nonfat, plain

+ Salsa ingredients

DIRECTIONS:

Preheat oven to 375 degrees.

For fresh crab: remove crab from shell paying close attention to any excess cartilage or bones.

Heat olive oil in a small sauté pan over medium heat. Add shallots; sautéing until soft, about 3 minutes. Remove from heat and set aside.

Whisk eggs until frothy. Add salt, black pepper and lemon zest. Add cooked shallots.

Combine 2/3 gluten free bread crumbs and red chili powder then add to eggs. Fold in crab meat and parsley.

Using your hands, gently form 8 crab cakes (2-1/2" wide by 1" thick)

Arrange on baking sheet. Sprinkle with remaining bread crumbs.

Bake for 10 minutes, turn the crab cakes over, and bake an additional 10 minutes, until nicely browned.

For braised leeks:

Place trimmed leeks in a bowl of cold water to remove any excess dirt or grit.

Sauté shallots over medium-high heat for 2 minutes. Layer in leeks over shallots, cut side down, allowing to brown for about 5 minutes. Sprinkle in salt and pour in stock.

Cover and let simmer 15 minutes. Uncover and continue to cook 5 minutes more or until most of the liquid has been absorbed.

Serve with simple green salad using 1 head romaine and any refrigerator ingredients you need to save from going bad!

GLUTEN FREE NOTES:

1. Buy real crab meat. Imitation crab contains wheat.
2. Gillian's and Ener-G make terrific gluten free bread crumbs. If you can't find them at your local specialty grocer, use your favorite crushed gluten free rice crackers.

INGREDIENTS:

1 lb lump REAL crabmeat (about 2 pounds fresh unshelled crab)

1 Tablespoon olive oil

2 chopped shallots, finely chopped

1 teaspoon sea salt

2 large eggs

1/2 teaspoon black pepper

1 teaspoon lemon zest

1/4 teaspoon red chili powder

2 Tablespoons fresh parsley, finely chopped

1 cup gluten free bread crumbs or gluten free crackers - crushed (see prep)

For braised leeks:

4 large leeks, trimmed on both ends (leaving 1 inch of green on top)

½ teaspoon salt

1 Tablespoon olive oil

2 shallots, thinly sliced

1cup gluten free chicken or vegetable broth

black pepper to taste

For salad: 1 head romaine

DIRECTIONS:

This salad can be customized to fit your tastes. I like to toss the greens with the dressing first and then let everyone build their own salad. A great one dish meal for a busy night!

DIRECTIONS:

Whisk dressing ingredients together in a small bowl.

In a large bowl, toss the romaine with enough dressing to coat. Divide lettuce between four large bowls.

Have each person top individual bowls with layers of beans, tomatoes, avocado, cucumber, onions, blue cheese, and sliced steak.

Drizzle any remaining dressing over tops of salads and serve.

GLUTEN FREE NOTES:

1. Some blue cheese brands still use bread during the molding process. This is because the original process for making blue cheese included injecting molded bread so it would spread to the cheese. Most American manufacturers find this too expensive and time consuming and therefore inject blue cheese with a laboratory liquid blue mold that is not from wheat.

2. A partial list of gluten free blue cheeses:

[BelGioso](#) gorgonzola

[Marin French Cheese Factory](#) blue cheese

[Maytag](#) blue cheese

[Montforte](#) blue cheese and gorgonzola

[Pt. Reyes](#) blue cheese

[Rosenborg](#) blue cheese

[Paladin MonSalvat](#) blue cheese

INGREDIENTS:

Dressing:

2 oz gluten free blue cheese

¼ cup olive oil

2 Tablespoons balsamic vinegar

1 teaspoon brown sugar

Salad:

1 head romaine lettuce, washed and cut into bite-size pieces

1/2 medium red onion, thinly sliced

1 tomato, chopped

14 oz black beans, rinsed and drained

1 avocado, peeled and sliced

1 cucumber, peeled & chopped

2 ounces blue cheese, coarsely crumbled

¾ - 1 pound prepared flank steak, sliced into small thin pieces

salt and black pepper to taste

DIRECTIONS:

Boil salty water for pasta.

Cook pasta according to package or until tender but still a little firm (al dente).

Sauté onions and garlic in olive oil over medium-high heat.

Add broccoli, oregano, salt, and black pepper.

Toss in tomatoes and stock.

Simmer a few minutes.

Drain pasta, reserving $\frac{1}{2}$ cup of water. Do not rinse.

Toss pasta with vegetable mix. Add reserved pasta water as needed for moisture.

Sprinkle with Parmesan cheese.

Salt and pepper to taste.

GLUTEN FREE NOTES:

1. There are many gluten free penne (or short pastas) available on the market today. The all-rice based pastas tend to be a little mushy. Look for a gluten free pasta that has potato starch, rice and or corn flours. Quinoa pasta is very high in fiber and rich in taste.

2. Several brands of gluten free pasta:

Schar, <http://www.schar.com/us/gluten-free-products/pasta/>, - corn, potato, rice

Ancient Harvest - <http://www.quinoa.net/145/163.html>, quinoa

Deboles, <http://www.deboles.com/products/gluten-free-products.php>

Tinkyada - <http://www.tinkyada.com/ProList.htm>, rice

INGREDIENTS:

2 Tablespoons olive oil

$\frac{1}{4}$ onion, finely chopped

3 cloves garlic, minced

8 oz broccoli florets, chopped

1 Tablespoon dried oregano

1 teaspoon sea salt

$\frac{1}{2}$ teaspoon black pepper

2 tomatoes, chopped

1 cup chicken or vegetable stock

2 oz Parmesan cheese, grated

1 pound gluten free penne pasta (or any short pasta)

DIRECTIONS:

Heat olive oil in a medium stockpot. Add onion and sauté until softened, about 5 minutes. Add potato, salt and 2 cups stock. Cover and let simmer 10 minutes. Add broccoli and remaining stock, cooking 5 more minutes. Transfer soup to blender or food processor and puree. Return to stockpot; add in fresh parsley and cheese. Stir well and add black pepper to taste. Keep hot until serving.

For hummus toasts:

Puree all ingredients in blender or food processor until smooth. Refrigerate in airtight container for up to 5 days.

Slice gluten free bread* into 8 quarter inch pieces. Toast until crispy. Spread with fresh hummus.

GLUTEN FREE NOTES:

1. Make sure the chicken or vegetable stock that you chose is gluten free. Swanson is a popular grocery store brand that has been verified as gluten free. Also, Pacific Natural Foods makes an organic gluten free broth.
2. *There are many gluten free breads on the market. Most are fairly dense, yet they work perfect for toast. Another thing to consider is a gluten free pre-made pizza crust such as Udi's or Kinninnick. Cut them pizza-style, toast and serve with the hummus as a dip.
3. Don't have gluten free bread? Slice cucumbers and top with the hummus or use your favorite gluten free rice crackers.

INGREDIENTS:

2 Tablespoons olive oil

1 medium onion, roughly chopped

1 large russet potato, peeled and cut into small cubes

1 teaspoon sea salt

4 cups vegetable or chicken stock

1 pound broccoli florets, roughly chopped

6 oz cheddar cheese, shredded

1 Tablespoon fresh parsley, finely chopped

black pepper to taste

For hummus:

1 can chickpeas (garbanzo beans), drained

1 medium lemon, juiced

2 Tablespoons olive oil

2 cloves garlic, peeled

½ cup fresh parsley, leaves and stalks

½ teaspoon salt

black pepper to taste

¼ whole wheat baguette or loaf