



March 9th Gluten Free

Shopping List

This Week: mushroom pork, chimichurri fish, chicken&dumplings, baked chicken, tomato broccoli penne

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	chicken breasts	7	boneless, skinless half breasts	20
	pork chops	1 pound	4 center cut chops	10
	fresh cod fillet	1 pound	or freshest fish at the market	12

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	new potatoes	2 pounds		3
	celery	2 stalk (ribs)		1
	carrots	4 medium		2
	broccoli	1 pound	florets	2
	mushrooms	6 oz		2
	cucumber	1 medium		1
	tomatoes	4 medium		3
	fresh parsley	1 large bunch	to yield 8 Tablespoons	2
	romaine lettuce	1 head		2
	arugula salad	8 oz		3

Got it!	Dairy	Quantity	Notes	Est Cost
	milk	3/4 cup	nonfat or lowfat	1
	Parmesan	3/4 cup	grated	3

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	baking powder	1 teaspoon		1

Fresh 20 Grocery Est 68
 Cost Per Dinner 13.6
 Cost Per Serving 3.4

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	1 cup	gluten free chicken stock (or vegetable)	8 cups
	garlic	3 cloves	organic butter	1 Tablespoon
	onions	2 (at least 1 red)	eggs	1 large
	dried oregano		gluten free pantry dressing (see website)	
	cumin	2-1/2 teaspoons	gluten free Dijon mustard	1/2 teaspoon
	sea salt	7 teaspoons	whole grain penne	3/4 pound
	black pepper	3 teaspoons	gluten free flour	1-1/2 cups
	red chili flakes	1-1/2 teaspoons	note: homemade gf flour ingredients	
	red chili powder	1/8 teaspoon	potato flour, corn starch, tapioca flour	white rice flour

PREP AHEAD OF TIME:

CHIMICHURRI SAUCE

- 4 Tablespoons finely chopped parsley
- ½ cup olive oil
- 1 teaspoon sea salt
- 2 cloves garlic, pressed
- 1 teaspoon red pepper flakes

Combine parsley, olive oil, salt, garlic and red pepper flakes in air tight container. Cover and refrigerate for up to 3 days.

PANTRY DRESSING

You can make it ahead of time and store in an airtight container. For recipes visit www.thefresh20.com/pantrydressings

GLUTEN FREE FLOUR BLEND

If you aren't able to find Authentic Foods or Bette Hagman Featherlite Blends (or another brand using rice flour, potato flour, tapioca starch and corn starch), then make the one below:

- 1 cup tapioca flour (tapioca starch works too)
- 2 cups of white rice flour
- 1 cup of potato flour (NOT potato starch)
- ¼ cup corn starch
- 2 Tbsp xanthun or guar gum

Mix everything together and store in an air-tight container

MENU:

MONDAY

Chicken and Dumplings
(a favorite)

TUESDAY

Chimichurri Fish
Steamed Potatoes
Tomato Salad

WEDNESDAY

Mushroom Pork Chops
Pan Roasted Broccoli

THURSDAY

Baked Chicken
Arugula Salad
Leftover Potatoes

FRIDAY

Tomato/Roasted Broccoli Penne
Simple Side Salad

INSTRUCTIONS:

Heat olive oil in a large stock pot; add celery, carrots, and onion. Cook for 5 minutes. Add salt, pepper and cumin. Stir.

Add chicken and stock; bring to a boil. If stock is not enough to cover chicken, add additional water.

Reduce heat, cover pot and let simmer for 10 minutes or until chicken is no longer pink. Add fresh parsley.

Combine dumpling ingredients until doughy. Try not to over mix. Divide into 12 Tablespoon size pieces.

Drop the dumplings into simmering soup.

Dumplings will rise to the top.

Cover and simmer for 15 minutes.

Divide into bowls and serve immediately.

Gluten Free Notes:

1. There are some terrific gluten free flour blends on the market made with rice flour, potato flour, and tapioca flour. Authentic Foods and Bette Hagman both make terrific gluten free blends.
2. An alternative is to make your own blend:
 - a. 1 cup tapioca flour (tapioca starch works too)
 - b. 2 cups of white rice flour
 - c. 1 cup of potato flour (NOT potato starch)
 - d. ¼ cup corn starch
 - e. 2 Tbsp xanthun or guar gum

Mix everything together and store in an air-tight container

3. Gluten Free Cooking 101 notes:

- a. Tapioca starch and tapioca flour are interchangeable.
- b. Potato starch and potato flour are NOT interchangeable. Potato flour is for baking and potato starch is for thickening (think: roux)
- c. Xanthun and guar gums are both white powdery substances that act as a binder in place of gluten.

INGREDIENTS:

3 chicken breasts

2 Tablespoons olive oil

2 celery stalks (ribs), ends removed and loosely chopped

4 carrots, peeled and sliced

1 medium onion, diced

2 teaspoons ground cumin

2 teaspoon salt

1 teaspoon black pepper

4 cups chicken stock

1 cup water

2 Tablespoons fresh parsley

Gluten Free **DUMPLINGS**

1-1/2 cups gluten free flour blend*

½ tsp xanthun gum

1 teaspoon baking powder

1 egg

1 teaspoon salt

3/4 cup milk

1 Tablespoons olive oil

1 Tablespoon fresh parsley, finely chopped

INSTRUCTIONS:

Combine parsley, olive oil, salt, garlic and red pepper flakes in air tight container. Cover and refrigerate for up to 3 days.

Rinse and pat dry fish with a paper towel. Sprinkle with black pepper.

Heat large, dry skillet on medium-high. Spoon enough chimichurri sauce onto bottom of skillet to accommodate size of fillet. Lay fish over the sauce and cook for 3-4 minutes before flipping to other side.

Note: When you flip, make sure the spatula gets under the chimichurri crust so that it remains intact with one side of the fillet.

Cook fish an additional 2-3 minutes until the flesh is opaque and slightly flaky.

For potatoes:

Arrange potato quarters in a 1-quart microwave-safe dish. Add water, and cover with heavy-duty plastic wrap. Microwave at HIGH 8 minutes or until tender. Be careful removing plastic wrap. Drain. Sprinkle with salt and pepper. If desired, you can toss potatoes in any extra chimichurri sauce.

For tomato salad:

Arrange the tomato slices on a serving plate. Sprinkle salt over tomatoes.

Toss red onions and cucumber with pantry dressing.

Top each tomato slice with a scoop of dressed cucumbers. Sprinkle with black pepper.

INGREDIENTS:

4 Tablespoons finely chopped parsley

½ cup olive oil

1 teaspoon sea salt

2 cloves garlic, pressed

1 teaspoon red pepper flakes

1 pound fresh cod fillet

½ teaspoon black pepper

For potatoes

2 pounds small red potatoes, scrubbed and cut into quarters

4 Tablespoons gluten free chicken stock or water

1/4 teaspoon salt

1/4 teaspoon pepper

For tomato salad:

2 medium tomatoes, cut into thick slices

1/8 teaspoon salt

¼ red onion, finely chopped

1 cucumber, peeled and cut into small cubes

Black pepper to taste

¼ cup gluten free pantry dressing
(www.thefresh20.com/pantrydressings)

INSTRUCTIONS:

Heat olive oil in a large skillet. Add onions and sauté until softened. Rinse and pat dry tenderloins. Season with salt and pepper.

Place meat in pan, brown for 5 minutes each side, then pour in stock.

Cover and let simmer for 15 minutes. With tongs, remove meat and set aside on a serving dish. Cover with foil to keep warm.

Whisk flour and butter into pan drippings/liquid. Once flour is combined cook 2-3 minutes.

Stir in mushrooms, salt and black pepper to taste and cover. Cook for 5 minutes allowing to thicken. Add parsley.

Meanwhile, slice the other half of pork into 2" thick medallions.

Place in serving dish. When ready to serve, pour mushroom sauce directly over pork chops.

For broccoli:

Combine stock, salt and pepper; set aside.

In 12-inch nonstick skillet heat olive oil and add broccoli. Toss to combine; cook, without stirring, until bottoms of florets just begin to brown, 1 to 2 minutes.

Add stock mixture and cover; cook until broccoli is bright green but still crisp, about 2 minutes. Uncover, sprinkle in optional chili flakes and continue to cook until water has evaporated and broccoli is tender-crisp, about 2 minutes more.

Reserve 2 cups broccoli for gluten free pasta dinner later in week.

INGREDIENTS:

4 pork loin chops, center cut

1 Tablespoon olive oil

½ onion, chopped

1 teaspoon salt

½ teaspoon black pepper

1 Tablespoon flour

1 Tablespoon butter

2 cups stock

½ teaspoon gluten free Dijon mustard

6 oz white mushrooms (about 12 medium)

1 Tablespoon fresh parsley, minced

For broccoli:

3 Tablespoons gluten free chicken or vegetable stock

¼ teaspoon sea salt

1/8 teaspoon black pepper

1 Tablespoon olive oil

1 pound broccoli florets, roughly chopped (about 4 cups)

Optional: 1/8 teaspoon red chili pepper flakes

INSTRUCTIONS:

Combine salt, black pepper, cumin and chili powder in a small bowl. Preheat oven to 350°F.

Rinse chicken and pat dry. Horizontally slice each breast in two to create thin pieces. The goal is to get the sliced chicken to be uniform in thickness.

Drizzle olive oil over chicken pieces. Rub both sides of the chicken with seasoning mix. Arrange the pieces in a roasting pan.

Bake, uncovered, for 20 minutes until juices are clear and meat has no traces of pink.

Remove roasting pan from oven. Transfer chicken to a serving plate. Tent with aluminum foil and let rest for 5 minutes before serving.

Reserve any pan drippings to spoon over chicken once served.

Toss arugula and onions with dressing and top with Parmesan. Sprinkle with a dash of black pepper.

Serve with any leftover steamed potatoes.

INGREDIENTS:

4 chicken breasts, boneless, skinless

1 Tablespoon olive oil

1 teaspoon salt

½ teaspoon black pepper

½ teaspoon cumin

1/8 teaspoon red chili powder (cayenne)

1/2 cup of chicken stock

For salad:

4 cups arugula salad

¼ red onion, thinly sliced

¼ cup grated Parmesan

¼ cup gluten free pantry dressing (www.thefresh20.com/pantrydressings)

dash of black pepper

INSTRUCTIONS:

Boil salty water for pasta. Sauté garlic in olive oil over medium heat. Toss in broccoli and tomatoes. Season with salt and pepper.

Cook until vegetables are heated.

Pour in chicken stock, bringing to a quick simmer.

Drain but do not rinse pasta then toss with olive oil.

Mix with sautéed vegetables.

Stir in Parmesan.

If desired, salt and black pepper to taste.

Divide into 4 bowls and serve.

Toss Romaine with pantry dressing. Use up any vegetables in the salad. This is a great way to reduce food waste!

Gluten Free Notes:

1. There are many brands of gluten free penna pastas on the market today. Schar Brand makes one of the very best because the pasta tastes “normal” and holds together without getting mushy.
2. Some, not all, of the rice-based gluten free pasta tend to get very mushy when cooked. Gluten free pastas made with corn, rice and/or potato starch tend to yield the best flavor and consistency.
3. If you can't find a brand in your local store, check out Amazon.com's gluten free section. They sell quite a few brands.

INGREDIENTS:

2 cups roasted broccoli florets (see pork chop night)

2 tomatoes, chopped

1 clove garlic, pressed

1 Tablespoon olive oil

1 cup gluten free chicken or vegetable stock

3/4 pound gluten free penne pasta*

½ teaspoon salt

¼ teaspoon black pepper

½ cup grated Parmesan

1 head romaine lettuce, chopped

¼ gluten free pantry dressing

refrigerator veggies