

## PREP AHEAD OF TIME:

### 1. PREPARE APRICOT CHUTNEY (see recipe)

### 2. MAKE BREADCRUMBS

6 – 8 slices of gluten free bread

Heat oven to 400°F.

Place gf bread on baking sheet.

Bake in over for 5-8 minutes to dry out. Then crumble the crusted bread until it feels mealy like crumbs. Store in airtight container.

### 3. PREPARE MEATLOAF MIX (see recipe)

## MENU:

### MONDAY

Stuffed Chicken  
Apricot Chutney  
Quinoa & Spinach Salad

### TUESDAY

Corn Chowder with Clams  
Fruit Salad

### WEDNESDAY

Mini Meatloaf w/ Apricot Glaze  
Potatoes & Carrots

### THURSDAY

Baked Chicken Nuggets  
Applesauce & Broccoli

### FRIDAY

Easy Skillet  
Avocado Salad



May 6th - Gluten Free

# Shopping List

This Week's Menu: Stuffed Chicken, Corn/Fish Chowder, Mini Meatloaf, Chicken Nuggets, Easy Skillet

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	organic chicken breast	3 pounds	4-5 breasts	18
	little neck clams (optional)	1 pound	can sub shrimp	12
	ground beef or turkey	2 pounds		10

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	baby spinach	8 cups		3
	fresh corn	8 ears		4
	potatoes	3-4 pounds	6 medium potatoes	3
	fresh parsley	1 bunch		1
	carrots	4 medium		1
	apples	3 medium	any variety	2
	broccoli	3 cups		2
	avocado	3		3
	kiwi	3		2
	honey	5 Tablespoon		2
	dried apricots	1 cup		2
	raisins	1/3 cup		1

Got it!	Dairy	Quantity	Notes	Est Cost
	goat cheese	2 oz		3
	Greek yogurt	4 oz	plain, nonfat	2

Got it!	Bakery	Quantity	Notes	Est Cost
	quinoa - traditional	1 cup dry		2
	gluten free bread	1 loaf	look in gluten free section	4

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
	extra virgin olive oil	1/2 cup	gluten free chicken broth (or vegetable)	4+ cups (32 oz)
	garlic	5 cloves	organic egg	2
	onions	2 (1 white, 1 red)	gluten free Dijon mustard	1 teaspoon
	dried oregano	1 teaspoon	balsamic vinegar	1/2 cup
	cumin	1/2 Tablespoon	corn starch	1 Tablespoon
	sea salt	3 teaspoons	gluten free pantry dressings	1/4 cup
	black pepper	2-3/4 teaspoons	gluten free soy sauce (La Choy)	1 teaspoon
	red chili flakes/powder	1/2 teaspoon		

## DIRECTIONS:

Pound out chicken pieces so they form long, thin pieces.  
 Mix spinach and goat cheese together until well combined.  
 Preheat olive oil in medium skillet over high heat. Sprinkle salt on bottom of pan. Arrange chicken in pan so that pieces are not touching. It may be necessary to cook two batches. Sear one side of the chicken for 3 minutes. Flip and spread 2 Tablespoons of spinach/cheese mix onto cooked side of chicken. Fold chicken in half lengthwise so that stuffing is covered. Cook for 5 minutes or until chicken is cooked through completely (no pink). Repeat with remaining chicken.

*This recipe can be a little tricky. However you make it, the goal is to have the spinach/cheese mix inside the chicken. We used a foldover method to ensure the chicken is cooked completely. If all else fails you can cook your chicken pieces and then create a chicken "sandwich" with the spinach as the filling.*

Serve chicken with spoonful of chutney on top.

### For quinoa:

Bring stock to a boil in a small saucepan. Add olive oil and slowly stir in quinoa. Cover, reduce to simmer for 20 minutes.  
 Fluff with a fork before serving. Don't overcook the quinoa!

### For chutney:

In a medium pan, heat olive oil and sauté garlic cloves over medium-low flame. After a minute, add dried apricots and raisins. Sauté for a minute before adding the liquids. Stir in honey and set heat to a low flame. Simmer for 15 minutes, or until liquid evaporates and mixture becomes thickened. Set aside ½ cup for another recipe and store. Allow to cool before serving.

### For salad:

Toss salad ingredients with gluten free pantry dressing.

## INGREDIENTS:

### *For chicken:*

2 Tablespoons olive oil  
 2 chicken breasts (about 1-1/2 pounds), sliced in half horizontally to yield 4 thin pieces  
 2 oz goat cheese, crumbled  
 2 cups baby spinach, chopped  
 ½ teaspoon salt  
 ½ teaspoon black pepper

### *For quinoa:*

1 cup gluten free chicken or vegetable stock  
 1 cup dry quinoa (original)  
 1 teaspoon olive oil

### *For chutney:*

2 cloves garlic, minced or pressed  
 1 Tablespoon olive oil  
 ¼ cup dried apricot, finely chopped  
 ¼ cup raisins, chopped  
 ½ cup balsamic vinegar  
 ½ cup water  
 2 Tablespoons honey

### *For spinach salad:*

¼ cup dried apricot, chopped  
 4 cups baby spinach  
 ¼ cup red onion slices  
 ¼ cup gluten free pantry dressing  
 ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

## CORN & CLAM CHOWDER fruit “salad”

### INSTRUCTIONS:

Husk the corn and use a paring knife to cut off the kernels into a bowl. Set aside kernels.

Put the cobs in a stockpot with 6 cups water; bring to a boil, cover, and reduce heat to simmer for 10 minutes.

Heat olive oil in a saucepan on medium-high. Add the onion and potatoes.

Cook, stirring occasionally, until the onion softens, about 5 minutes.

Remove the corn cobs from the pot and discard. Add potato/onion mix to the liquid.

Bring to a boil, then simmer on low for 8 minutes, until potatoes are tender. If using clams, add now, cover and continue to simmer for an additional 5 minutes. With tongs, remove clams and set aside.

Add the corn kernels and chicken stock and heat through for a few minutes.

Remove 2 cups of chowder and puree in blender for 10 seconds on low. Return puree to stockpot and stir to combine.

Stir in balsamic vinegar, salt and pepper.

Divide chowder into bowls. Place cooked clams on top of chowder. Garnish with parsley and avocado.

For kiwi:

Mix yogurt and honey. Arrange kiwi slices on a plate and spoon yogurt over kiwi.

Note: You can substitute any fresh fruit for kiwi. You can also use a number of ripe fruit you have on hand and toss slices with yogurt mix.

### INGREDIENTS

6 ears corn

6 cups water

1 Tablespoon olive oil

½ medium onion, chopped

3 potatoes, peeled and chopped into bite sized pieces

1 pound little neck clams, washed and scrubbed of any dirt (OPTIONAL)

2 cups gluten free chicken stock

1 Tablespoon balsamic vinegar

½ teaspoon salt

½ teaspoon black pepper

½ bunch parsley, finely chopped

1 avocado, pit removed and chopped

*For “fruit salad”:*

3 kiwi, peeled and sliced

½ cup Greek yogurt, plain

1 Tablespoon honey

## INSTRUCTIONS:

### AHEAD OF TIME:

Breadcrumbs: If you did not make gluten free bread crumbs in prep, turn oven on to 400°F. Place 6 pieces of gluten free bread on baking sheet. Bake in oven for 5-8 minutes to dry out. Then crumble the crusted bread until it feels mealy like crumbs.

### Meatloaf Mix:

In a large bowl, combine meat, bread crumbs, parsley, onion, cumin, egg, Dijon, soy sauce, pepper and salt until well mixed.

Don't be afraid to use your hands. Kids can have fun with this!

Equally divide mixture into 4 individual loaves shaped however you please (footballs, domes, or squares). Cover with a layer of plastic wrap and store in fridge.

### Dinner Night:

Preheat oven to 400°F

Remove meat loaf from fridge. Remove plastic wrap.

Blend ½ cup apricot chutney until thick and smooth. Baste the tops of meatloaf with the chutney sauce.

Bake about 25 minutes until firm but moist. Internal temp should be 165°F

### *For potatoes:*

Arrange potato quarters in a 1-quart microwave-safe dish. Add stock or 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.

### *For carrots:*

Steam carrots on stovetop or microwave for 5 minutes. Toss with oregano and black pepper.

### Gluten Free Notes:

There are several gluten free soy sauces on the market, but the most commonly available is La Choy. Kikkoman has recently come out with a gluten free soy sauce (2011) and it is clearly labeled on the front of the bottle. The other Kikkoman soy sauces are not gluten free.

## INGREDIENTS:

1 pound ground turkey or beef

1 cup gluten free bread crumbs

2 Tablespoons fresh parsley, finely chopped

½ medium onion, minced

½ Tablespoon ground cumin

1 large egg

1 teaspoon Dijon mustard

1 teaspoon gluten free soy sauce\*

1 teaspoon each: salt, pepper

Apricot sauce:

½ cup apricot chutney (leftover)

### *For potatoes:*

3 medium white potatoes, scrubbed and cut into quarters

4 Tablespoons gluten free chicken stock or water

1/4 teaspoon salt

1/4 teaspoon pepper

### *For carrots:*

4 medium carrots

½ teaspoon oregano

Black pepper to taste

## DIRECTIONS:

### *For applesauce:*

In a heavy pot, combine all the ingredients. Cover and cook over medium-low heat for 30 minutes or until apples are tender, stirring occasionally. Remove from the heat; mash apples until sauce is desired consistency. Serve warm or cold.

### *For chicken nuggets:*

Heat oven to 375 degrees

Lightly coat a baking dish or cookie sheet with olive oil.

Cut chicken into small even cubes. One breast should yield 12 pieces.

They should be similar in size for even cooking.

Sprinkle chicken with salt and pepper.

In a small bowl, whisk together water and egg.

In medium dish, combine gluten free bread crumbs, oregano, and chili powder.

Using a fork or chopsticks, one piece at a time, dip chicken into egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay onto baking dish/cookie sheet.

Repeat with other pieces, making sure that the baking sheet is not overly crowded.

Place in oven for 15 minutes or until chicken is no longer pink on inside.

### *For broccoli:*

Toss florets in olive oil and garlic. Spread out on baking sheet. Bake for 10 minutes. Remove from oven and let cool.

## INGREDIENTS:

1 Tablespoon olive oil (for pan)

2-3 large chicken breast halves  
(about 1-1/2 pounds)

½ teaspoon salt

¼ teaspoon black pepper

1 egg

¼ cup water

1 cup of gluten free bread  
crumbs(see prep)

1 teaspoon dried oregano

1/8 teaspoon red chili powder

### *For applesauce:*

3 apples, peeled, cored & chopped

2 Tablespoons honey

1 teaspoon balsamic vinegar

½ cup water

### *For broccoli:*

3 cups broccoli florets

1 garlic clove

1 Tablespoon olive oil

## DIRECTIONS:

In a large skillet, heat oil over medium-high heat. Add onion and garlic; season with salt and pepper. Cook, stirring frequently, until onions are softened.

Add ground meat to skillet. Cook, breaking up meat with a wooden spoon, until it is no longer pink, 6 to 8 minutes. Add corn and spinach.

Whisk chicken stock and corn starch together until lumps are gone. Pour stock and vinegar into meat. Simmer until thickened, stirring occasionally, 5 minutes.

Toast gluten free bread and arrange, open face, on serving tray. Spoon meat onto buns, and serve immediately.

### *For avocado salad:*

Whisk together olive oil, vinegar, salt, cumin, and black pepper until well combined and smooth. Gently toss avocado and parsley with dressing. Chill (with pit) until ready to serve.

## INGREDIENTS:

1 Tablespoon olive oil

½ medium onion, finely chopped

2 cloves garlic, minced

salt (to taste)

black pepper (to taste)

1 pound lean ground beef or turkey

2 ears fresh corn (¾ cup)

2 cups baby spinach

1 cup gluten free chicken or vegetable stock

1 Tablespoon corn starch

1 Tablespoon balsamic vinegar

8 slices of gluten free bread

### *For avocado salad:*

2 avocados, pitted and sliced (save pit)

¼ cup fresh parsley, finely chopped

½ Tablespoon olive oil

½ teaspoon balsamic vinegar

1/8 teaspoon salt

1/8 teaspoon cumin

¼ teaspoon black pepper