



JULY 22ND – gluten free

NEW!

This week's shopping list has recipe numbers. Hopefully, this makes it easier to adjust your shopping list without searching through the recipes.

LET'S PLAY DINNER GAME

See if you can trace the path of how all the food came to your dinner table. Who planted the vegetables? What's the farmer's name? What day did they harvest the vegetables? Think of everything that had to happen to enjoy the meal. Let the kids get creative with the stories!

ORGANIC UPDATE

Do you know what fruits and vegetables have the most pesticides? The Environmental Working Group keeps track. Download the list.
<http://static.ewg.org/reports/2011/foodnews/pdf/2011EWGPesticideGuide.pdf>

ITEMS YOU CAN MAKE AHEAD THIS WEEK:

1. Pork Dumpling Mix
2. Breadcrumbs
3. Prepare Fresh Thyme

Remove leaves off of stems to yield 2 Tablespoons. Make sure leaves are dry and store in sealed sandwich bag until ready to use. It's always a good idea to get the herb prep out of the way at the beginning of the week. All too often, we buy fresh herbs and then we don't get around to removing stems and they go to waste! But oh, how they add flavor!

MENU:

MONDAY ①

Steamed Dumplings
Pineapple Slaw

TUESDAY ②

Tomato Baked Cod
Simple Salad

WEDNESDAY ③

Chicken Sausage Risotto

THURSDAY ④

Tropical Pork Sauté
Chili Asparagus

FRIDAY ⑤

Grilled Sausage
Crudités



Gluten Free July 22nd

Shopping List

This Week's Menu: Pork Dumplings, Sausage Risotto, Tomato Baked Cod, Pineapple Pork

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	ground pork	2.25 pounds	Can sub pork chops or ground turkey	10
	gluten free chicken sausage	8-10 links	Italian style (raw)	10
	cod or fresh fish fillet	1.5 pounds	any white flesh fish will work	16

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	green bell pepper	2		2
	red chili pepper	1		1
	pineapple	1		3
	roma tomatoes	6		4
	thyme	1 bunch		2
	green onions	1 bunch		1
	ginger	1 2" root		1
	cabbage	1 head		2
	asparagus	18-20 stalks		4
	jalapeno	1		1
	cucumber	2		2
	carrots	8		2
	bibb lettuce	1 head		2
	lemon	8		2

Got it!	Dairy + Misc	Quantity	Notes	Est Cost
	parmesan	6 oz	enough for 1-1/2 cups grated	4

Got it!	Grains	Quantity	Notes	Est Cost
	gluten free rice paper	1 pack	about 10 sheets	4
	gluten free bread	2 slices	use the rest for breakfast	3
	arborio rice (risotto)	1-1/2 cups	check the bulk bins if available	3

Fresh 20 Grocery Est	79
Cost Per Dinner	15.8
Cost Per Serving	3.95

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	Gluten Free Chicken Stock	4 cups	Garlic	6 cloves
	Egg	1	Sesame Oil (left from previous week)	2 teaspoons
	Gluten Free Soy Sauce (low sodium)	1/2 cup	Gluten Free Dijon Mustard	1 Tablespoon
	Olive Oil	3 Tablespoons	Gluten Free Pantry Dressing	1/2 cup
	Onion	2	Black Pepper	1/2 teaspoon
	Brown Sugar	1-1/4 cup	Sea Salt	1 teaspoon
	Rice Vinegar (from previous week)	2 T.		
	Flour	1/4 cup	optional: white wine	1 cup

PINEAPPLE PORK

chili asparagus

DIRECTIONS:

Dinner Night:

For cubed: If not using ground:

Cut pork into 1 inch square pieces. In a medium bowl, combine pork with flour and salt to coat.

Heat oil in a large skillet over medium high heat. Place the pork pieces in the oil and cook for 5 to 10 minutes, or until golden brown. Remove the pork from the oil and set aside.

For ground:

Heat oil in large skillet over medium high heat. Place ground pork in the oil and cook for 5-10 minutes. Toss with flour and salt, then remove and set aside.

In the same skillet over medium high heat, combine the bell pepper, jalapeno, pineapple, onion and tomato and sauté for 5 minutes.

Whisk together brown sugar and rice vinegar. Add to pan.

Reduce heat to low and let simmer for 5 to 10 minutes.

Return the pork to the skillet, mix well with vegetables and serve.

Asparagus:

Sauté chili in olive oil on low-medium heat for 2-3 minutes.

Add asparagus to pan and mix with chilies.

Cook for five minutes. Sprinkle with a dash of salt. Serve hot or cold.

Substitution:

Ground Turkey or Turkey medallions

*Gluten Free Flour – Use a pre-mixed blend of rice, tapioca and potato flour and corn starch (Bette Hagman Authentic Foods or King Arthur GF Flour Brands) or any of the above solo. (The blends work best.)

INGREDIENTS:

1 pound ground pork
(loin or chop okay too)

1/4 cup gluten free flour blend*

1 teaspoon salt

2 teaspoons olive oil

1 bell pepper, chopped

1 jalapeno

½ onion, chopped

1 tomato, chopped

1/2 of one whole pineapple, diced

2 Tablespoons brown sugar

2 Tablespoons rice vinegar

For asparagus

1 whole red chili pepper, minced

1 teaspoon olive oil

12-15 spears asparagus, ends trimmed and cut into 2" pieces

a dash of salt

TOMATO BAKED COD

DIRECTIONS:*Ahead Of Time:*

For breadcrumbs: Toast 2 slices of gluten free bread (well done). Pulse on high in food processor or crush with back of spoon to form crumbs. Yields about 1/2 cup. Store crumbs in a small Ziploc bag.

Dinner Night:

In a medium baking dish, combine 1 cup water and the juice of 1 lemon. Add fish; soak for 5 minutes. Drain and place fish back into baking dish. Toss onion, green pepper and tomatoes with olive oil.

Sprinkle fish with black pepper. Combine bread crumbs, parmesan and thyme in a small bowl. Sprinkle half of the crumb/cheese mixture over fish. Cover with a layer of onion, tomatoes and green pepper. Top with remainder of crumbs. Bake, uncovered, at 375 for 20-25 minutes or until fish flakes easily with a fork. Check for doneness at 15 minutes so the fish does not overcook.

For salad:

Toss salad with dressing. Place in bowl and layer with cucumber slices. Sprinkle with salt and pepper.

INGREDIENTS:

1-1/2 pounds cod fillets

1 lemon, juiced

1/2 medium onion, finely chopped

1 green pepper, finely chopped

3 Roma tomatoes

1 Tablespoon olive oil

1/4 teaspoon black pepper

1/2 cup gluten free bread crumbs

1/4 cup parmesan

1 Tablespoon fresh thyme, finely chopped

1 head butter lettuce, chopped

1/2 cucumber, peeled and sliced

2 Tablespoons gluten free pantry dressing

salt & pepper to taste

PORK DUMPLINGS

pineapple slaw

DIRECTIONS:*Ahead Of Time:*

** You can grind own pork using 2-3 raw pork chops and pulsing on low with a food processor.

Peel ginger and garlic. Place ginger, garlic and green onion in food processor on pulse for 2 minutes. If not using food processor, finely mince ginger, garlic and green onion.

In a large bowl, combine the pork, ginger, garlic, green onion, soy sauce, sesame oil, egg and cabbage. Combine well. Store in airtight container for up to 2 days.

Dinner Night:

Pour boiling water into a large pie plate and place the rice paper pieces in, four at a time until soft (about 1 min). Remove from water and place on cutting board or smooth surface. Place 1 heaping teaspoon of pork filling into the center of each rice paper wedge.

Fold and wrap tightly.

For dipping sauce, whisk together mustard and soy sauce.

It helps to lightly oil the sides of the steamer to prevent dumplings from sticking. Steam dumplings for about 15 to 20 minutes.

Serve immediately with dipping sauce.

Pineapple Slaw:

Combine pineapple, carrots and cabbage in a large bowl. Toss with favorite pantry dressing. Can be stored in fridge for up to 3 days.

INGREDIENTS:

1.25 pounds ground pork

1 Tablespoon ginger

3 cloves garlic

4 green onion

3 Tablespoons gluten free soy sauce or Bragg Liquid Aminos

2 teaspoon sesame oil

1 egg, slightly beaten

1/2 head Napa cabbage (about 3 cups) shredded

1 package gluten free rice paper, cut into quarters

1 Tablespoon Dijon mustard

1/4 cup gluten free soy sauce (low sodium)

pineapple slaw

1/2 whole pineapple, cut into small cubes

2 carrots, shredded

1/4 head Napa cabbage, shredded

1/3 cup gluten free pantry dressing
<http://blog.thefresh20.com/pantrydressings>

SAUSAGE RISOTTO

DIRECTIONS:*Dinner Night:*

In a large saucepan, heat oil over medium heat. Sauté until onion is translucent, about 3 minutes. Add garlic and thyme and cook about one minute. Stir in rice and optional wine; cook 2-3 minutes or until wine is absorbed. Stir in 3 cups broth. Lower heat to medium-low and simmer, uncovered, until broth is absorbed, stirring occasionally, for about 15 minutes.

Once liquid has absorbed, continue adding stock, 1/4 cup at a time, stirring until liquid is absorbed and rice is tender and creamy, about 7 minutes. Stir in asparagus, sausage and 1/4 cup Parmesan; cook 2 minute or until sausage is fully heated. Risotto should be creamy but not too sticky. Season with 1/4 tsp black pepper. Sprinkle with remaining 1/4 cup cheese. Serve immediately.

INGREDIENTS:

- 1 Tablespoon olive oil
- ½ onion, finely chopped
- 3 cloves garlic, minced or pressed
- 1 teaspoon fresh thyme leaves, finely chopped
- 1-1/2 cups Arborio rice (dry)
- Optional: 1/2 cup white wine
- 4 cups gluten free chicken broth
- 4 links gluten free chicken Italian sausage, chopped
- 6 spears asparagus, diced
- 1/2 cup grated parmesan
- 1/4 teaspoon black pepper optional:



GRILLED SAUSAGE

crudités

DIRECTIONS:

Dinner Night:

Place sausages in skillet on medium heat. Pour in 1 cup water. Cook until water evaporates. Brown sausages on all sides until no longer pink in the middle.

Serve veggies with sliced sausage. Sometimes dinner can just be that simple! And on a hot summer evening, simple works.

INGREDIENTS:

4-6 links gluten free chicken sausage

6 carrots, peeled and cut into sticks

1 medium cucumber, peeled and cut into sticks

2 Roma tomato, cut into wedges