

It's heating up! Summer is the best time to get outside with your family. Move it outside this week and make one evening meal a picnic!

*67 percent of teenagers want to spend more time with their parents.
– The dinner table is where the family connects.*

SWEET Summer Ideas:

1. Fresh cut pineapple dipped in melted dark chocolate and rolled in fresh shredded coconut
2. Fresh strawberries, drizzled with honey topped with fresh shredded mint leaves
3. Ice, fresh raspberries, honey and low-fat milk in blender
4. Fresh blueberries frozen!

WEEKLY PREP:

Marinate Chicken Satay

Rinse and pat dry chicken. Cut into long 1 inch thick strips. Mince or press garlic. Finely mince red onion to yield 2 Tablespoons. Combine the yogurt, garlic, onion and cumin in a shallow mixing bowl. Place the chicken strips in an airtight container. Add the yogurt marinade and gently toss until well coated. Cover and marinate in the fridge 2 hours or overnight.

Cucumber Yogurt Riata

1 cucumber, peeled
1 cup Greek yogurt, plain, nonfat
One large handful of parsley leaves with stems
½ lemon, juiced
¼ teaspoon salt

In a blender or food processor, puree cucumber, HALF the yogurt and parsley. Add lemon juice. Transfer to bowl. Mix in remaining yogurt and salt. Set aside. If making ahead, cover and refrigerate for up to 3 days.

Brown Rice

3 cups long grain brown rice
1 Tablespoon olive oil
6 cups water or stock
½ teaspoon salt

Sauté rice in olive oil for 3 minutes over medium-high heat. Stir in water or stock and bring to boil. Reduce heat to simmer, cover and cook for at least 20 minutes before checking for doneness.

Breadcrumbs

2 gluten free hamburger buns
Cut buns in half and set on baking sheet in 300 degree oven for ten minutes or toast until crisp and crumbly. Process in blender until breadcrumb consistency. May be stored for up to a week.

MENU:

MONDAY

Baked Chicken Nuggets
Summer Squash Sticks
Grape Tomatoes
Apple Slices

TUESDAY

Sweet Ginger Fish Fillets
Rice
Broccoli

WEDNESDAY

Chicken Satay
Peanut Noodles

THURSDAY

Sloppy Lamb Joes
Cucumber Yogurt Sauce
Simple Salad

FRIDAY

Pasta Primavera

Let's Play! Dinner Game:

WHO ARE YOU?

Find three positive words that describe you. Next, as a group, assign three words to everyone at the table. Be light-hearted and have fun.



Gluten Free July 8th

Shopping List

This week's menu: Chicken Nuggets, Ginger Salmon, Pasta Primavera, Chicken Satay, Lamb Joes

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	chicken breasts	3 pounds	about 4-5 large breasts	21
	fresh fish fillets	1-1/2 pounds	freshest you can buy	16
	ground lamb	1 pound	substitute: ground turkey	7

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	apples (any variety)	3		2
	fresh ginger	1 2" piece	to yield 2 teaspoons minced	1
	fresh parsley	1/2 bunch		1
	lemon	1-1/2 medium		1
	cucumber	2		2
	red bell pepper	4 medium		4
	fresh squeezed orange juice	1/3 cup		2
	green onion	3 stalks		1
	broccoli florets	4 cups		3
	yellow summer squash	2 medium		2
	cherry or grape tomatoes	2 pints		4
	fresh basil	8 leaves		1
	green leaf lettuce	1 head		1

Got it!	Dairy	Quantity	Notes	Est Cost
	Parmesan	1-1/2 cups	grated	3
	Greek yogurt (plain)	1-1/2 cups		2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	gluten free hamburger buns	6	or gluten free rolls	4
	peanut butter	1/4 cup		2

Fresh 20 Grocery Est 80
 Cost Per Dinner 16
 Cost Per Serving 4

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	1/4 cup + 1 T	gluten free chicken stock (or vegetable)	2 cup (16 oz)
	garlic	6 cloves	brown rice (long grain)	3 cups dry
	onions	1 medium	eggs	1 large
	dried oregano	4 teaspoons		
	cumin	1-1/2 teaspoon		
	sea salt	3-1/2 teaspoon		
	black pepper	1-1/2 teaspoon	gluten free soy sauce	2 Tablespoons
	red chili powder	1/8 teaspoon	gluten free pasta, any variety	16 oz
	brown sugar or raw honey	1 Tablespoon	gluten free pantry dressing	1/2 cup

CHICKEN NUGGETS

apple slices, squash sticks and tomatoes

DIRECTIONS:

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 bread crumbs, Parmesan, 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.

Serve nuggets with whole cherry tomatoes, apple slices and squash sticks.

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

2 gluten free hamburger buns to
yield 1 cup bread crumbs (see prep)

½ cup grated Parmesan

1 teaspoon dried oregano

1/8 teaspoon red chili powder

For sides

1 medium yellow summer squash,
cut into sticks

½ pint cherry or grape tomatoes

3 medium apples (any variety), sliced

DIRECTIONS:

Ahead If Time:

Brown Rice

Dinner Night:

Heat stock in a medium sauté pan.
Add lemon juice and 1/8 teaspoon salt.
Simmer. Place fish fillet skin side down into pan.
Some stock will cover about ¼ inch of salmon.
Cover and steam over low heat for 7 minutes.

Steam broccoli in a covered microwave safe bowl w/ 2 Tablespoons water for 3 minutes.

Combine green onions and rice over low heat.

Remove fish with a spatula and place on serving dish.
It should be a little soft to the touch and still a little pink inside.
Cover with foil and it will continue to cook while resting.

Stir in ginger, brown sugar and orange juice. Simmer and let reduce for 10 minutes. Add salt and pepper then remove from heat.

Add ¼ cup of liquid to rice and mix well.
Pour rest of liquid over resting salmon and serve with rice and broccoli.

Portion Notes:

Adult: 5 oz of fish, ¾ cup rice and 1 cup broccoli
Kids: 3 oz of fish, ½ cup rice and ½ cup broccoli

Substitution:

Any medium to firm style fish fillet or chicken tenders

INGREDIENTS:

1 cup gluten free chicken stock

½ lemon, juiced

⅛ teaspoon salt

1-1/2 pound fresh fish fillet

2 teaspoon, minced ginger

2 Tablespoons brown sugar

⅓ cup orange juice

¼ teaspoon black pepper

¼ teaspoon salt

3 cups prepared rice (see prep)

3 stalks, finely chopped green onion

3 cups chopped florets broccoli

DIRECTIONS:

AHEAD OF TIME

Rinse and pat dry chicken.

Cut into long 1 inch thick strips.

Mince or press garlic. Finely mince red onion to yield 2 Tablespoons.

Combine the yogurt, garlic, onion and cumin in a shallow mixing bowl

Place the chicken strips in an airtight container. Add the yogurt marinade and gently toss until well coated.

Cover and marinate in the fridge 2 hours or overnight.

DINNER NIGHT

Boil salted water for pasta. Soak wooden skewers in warm water for 5 min. Preheat grill.

Thread the chicken pieces onto the soaked skewers working the skewer in and out of the meat, down the middle of the piece, so that it stays in place during grilling. Brush grill with olive oil. Place chicken on grill directly over low flame. If you do not have skewers, place long strips of chicken directly on grill.

Grill for 4 to 5 minutes on each side, until lightly browned and visible pink is gone. Wrap immediately in foil and set aside until dinner. Cook pasta according to package directions.

For the sauce:

Combine the peanut butter, hot water, soy sauce, red chili powder, brown sugar, and lemon juice in a food processor or blender. Blend until smooth. If sauce is too thick, you can add 1 Tablespoon of HOT water until desired consistency.

Drain pasta and immediately toss with ½ cup peanut sauce. Reserve the rest for chicken dipping sauce.

Toss bell pepper and cucumber with pantry dressing.

Serve chicken on a platter accompanied by a small bowl of peanut sauce on the side along with bowl of noodles and salad.

PORTION NOTE:

Adults: 4 skewers, 3/4 cup noodles, 1/3 cup salad

Kids: 2 skewers, 1/2 cup noodles, 1/3 cup salad

INGREDIENTS:

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

½ cup plain Greek yogurt (non-fat)

3 cloves garlic

1 teaspoon cumin

¼ medium onion (red preferred)

12-16 wooden or metal skewers

8 oz gluten free pasta

¼ cup peanut butter

1 Tablespoon HOT water

2 Tablespoons gluten free soy sauce

1/8 teaspoon red chili powder

1 Tablespoon brown sugar

½ lemon, juiced

½ teaspoon salt

½ teaspoon black pepper

1 red bell pepper, chopped

1 cucumber, sliced

¼ pantry dressing

(www.thefresh20.com/pantrydressings)



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. Try it!

DIRECTIONS:

For yogurt sauce:

In a blender or food processor, puree cucumber, HALF the yogurt and parsley. Add lemon juice. Transfer to bowl. Mix in remaining yogurt and salt. Set aside. If making ahead, cover and refrigerate for up to 3 days.

For lamb:

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.

Toast wheat buns.

Spoon 1/2 cup of lamb meat onto bottom of bun, followed by 2 Tablespoons yogurt sauce. Top with chopped bell pepper. Repeat until you have 4 sandwiches. Arrange on platter for serving.

Serve with a simple salad of lettuce and tomato tossed in pantry dressing.

PORTIONS:

Small children will only need 1/2 sandwich.

Adults should eat no more than one fully stuffed sandwich.

INGREDIENTS:

For yogurt sauce:

1 cucumber, peeled

1 cup Greek yogurt, plain, nonfat

One large handful of parsley leaves with stems

½ lemon, juiced

¼ teaspoon salt

For lamb:

½ medium onion, chopped

1 teaspoon salt

½ teaspoon ground cumin

2 teaspoons dried oregano

1 pound ground lamb or turkey

4 gluten free hamburger buns

1 red bell pepper, seeded and chopped

1 head green leaf lettuce, chopped

1 pint grape or cherry tomatoes

¼ cup pantry dressing

This pasta dish has more vegetables than pasta. It makes for a healthful meal and satisfies those carb cravings.

DIRECTIONS:

DINNER NIGHT

Start to boil salty water for pasta.

Preheat the outdoor grill or indoor oven to 450 degrees F.

Cut all veggies according to ingredient list.

Lay out bell peppers, squash, onion and broccoli on a large heavy baking sheet, Coat vegetables with olive oil, garlic, oregano, salt, and pepper. Bake or grill for 15 minutes until vegetables begin to brown, stirring once or twice to prevent burning. Remove from heat and cool down slightly before chopping all vegetables.

Meanwhile, cook the pasta according to package or until tender but still firm to the bite. Drain but do not rinse.

Toss the pasta with the vegetables in a large bowl to combine.

Stir in stock to moisten. Fold in cherry tomatoes and basil.

Season the pasta with salt and pepper, to taste.

Sprinkle with the Parmesan and serve immediately.

PORTION NOTE:

Adults: 1 cups pasta with plenty of vegetables

Kids: 3/4 cups pasta with plenty of vegetables

KITCHEN NOTE:

For adults, add some red chili flakes!

If there is any leftover chicken, you can toss it in.

INGREDIENTS:

2 red bell peppers, seeded and sliced

1 yellow summer squash, cut in half

1 cup broccoli florets

¼ medium onion, sliced

¼ cup olive oil

1 Tablespoon dried oregano

3 cloves garlic, minced

1 teaspoon salt

½ teaspoon black pepper

1 cup gluten free vegetable (or chicken) stock

½ pint cherry tomatoes, cut in half

8 fresh basil leaves, chopped

1 cup Parmesan cheese, grated

Salt and pepper to taste

8 oz gluten free pasta (any variety)

