

PREP:

**Beef Stew can be made in advance.**

*Both squash and tomatoes can be roasted together on the same sheet to save time.*

### Roast Butternut Squash

2 medium butternut squash (cut in half the long way, seeds removed)  
2 Tablespoons butter  
2 Tablespoons brown sugar

Preheat oven to 375 degrees. Lightly oil a baking sheet. Place squash, skin side down on sheet. Add a pat of butter and a Tablespoon of brown sugar to each piece of squash where the seeds were removed. Bake for 40 minutes or until squash is tender and tomatoes are dried around edges. Remove and cool. Transfer to Tupperware until ready to use.

### For Tomatoes:

**Note: The prep is for 2 recipes.**

**Reserve 4 tomatoes for lamb night and use the rest for soup night.**

12 Roma tomatoes (or 7 beefsteak)  
1 large onion, quartered  
2 celery stalks, trimmed and cut in half  
2 Tablespoons olive oil  
5 cloves of garlic, unpeeled  
½ teaspoon sea salt

Preheat the oven to 375F degrees.

Remove core from tomatoes and cut in half. If using beefsteak, cut into quarters.

Arrange the tomatoes, skin side down, on baking sheet. Arrange the onion, celery and garlic on the same baking sheet. Lightly coat the tomatoes and onions with olive oil. Sprinkle entire sheet with salt and roast in oven for 45 minutes. Check once or twice to make sure onions are not burning. Turn them if necessary.

Set aside 8 tomato pieces for this week's lamb dinner. Store the remaining ingredients in an airtight container for soup night.

Have a great week!!!

MENU:

#### MONDAY ①

Mahi Mahi Wraps  
Zucchini Rounds

#### TUESDAY ②

Beef Stew  
Toasted Baguette

#### WEDNESDAY ③

Lamb Chops w/ Fennel  
Roasted Tomatoes  
Baked Squash Wedges

#### THURSDAY ④

Butternut Squash Lasagna  
Green Salad

#### FRIDAY ⑤

Roasted Tomato Soup  
Cumin Zucchini  
Parmesan Crisps



Gluten Free September 30th  
**Shopping List**

This Week's Menu: Mahi Wraps, Beef Stew, Fennel Lamb Chops, Butternut Lasagna, Tomato Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
2	Beef Stew Meat	2 pounds		8
3	Lamb Chops	8		20
1	Mahi Mahi Fillet	1-1/2 pounds	Halibut or Seabass okay too!	14

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,4,5	tomatoes	5 pounds	17 medium	6
3,4	butternut squash	2 medium		4
3	fennel	1 large bulb		2
2,3	fresh thyme	1 bunch	to yield 3 teaspoons	1
1,3,4	zucchini	6 medium	(italian squash)	3
1	fresh basil	1 bunch	to yield 4 Tablespoons	1
2	carrots	3 medium	cut the rest for snacks	1
2,5	celery	4 stalks	cut the rest for snacks	2
1,4	green leaf lettuce	2 heads	bibb is yummy!	3
1,3	shallots	5		2
4	fresh spinach	1 pound	2 cups	1

Recipe #	Dairy	Quantity	Notes	Est Cost
4	ricotta	15 oz	low fat	3
4,5	parmesan	4 oz	the real stuff please!	3
4	milk	3 cups	low fat	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,5	gluten free bread	8 slices	bakery fresh	2
2	red wine		any kind you might drink	
4	gluten free lasagna noodles	1 box	12 lasagna noodles	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	3/4 cup	gluten free chicken stock (or vegetable)	6 cups
	garlic	2 bulbs (15 c)	organic butter	1 stick
	red chili powder	1/4 teaspoon	onion	2 medium
			tomato paste	1 Tablespoon
	cumin	1/2 teaspoon	dried oregano	1 teaspoon
	sea salt	4 teaspoons	balsamic vinegar	2 Tablespoons
	black pepper	1 teaspoon	pantry dressing	1/4 cup
	brown sugar	2 Tablespoons	flour, gluten free blend	1/2 cup

# MAHI MAHI WRAPS

*Sometimes we need something that we can make in minutes. Lettuce wraps are my go to family meal, because they have all the balanced elements of a healthy dinner and they can be eaten standing up. So here's a quick meal for those of you that can't slow down.*

*Tip: Finely mince the tomatoes and onion for a more flavorful Pico de Gallo.*

## RECIPE:

*For salsa:* Combine the tomatoes, basil and shallots. Salt to taste.

Wash and dry 8 whole lettuce leaves.

Preheat grill pan to medium-high heat. Melt butter in pan. Add oil.

Dust the fish with salt and black pepper.

Grill 4-5 minutes per side, until just opaque in the center. Set aside loosely covered in foil to cool.

When slightly cool, chop into large chunks.

Spread a Tablespoon of salsa onto lettuce leaf. Top with chunks of Mahi. Roll lettuce up into a long cylinder. Eat! Serve up some zucchini rounds with your 'quick rolls'.

Supermarket shortcut: Substitute tomato/basil/shallots for 2 cups prepared fresh salsa or pico de gallo.

## INGREDIENTS:

*For salsa:*

2 tomatoes, finely chopped  
2 Tablespoons fresh basil, shredded  
2 shallots, finely chopped  
Salt to taste

1 head leafy lettuce (Bibb is yummy)  
1 Tablespoon butter  
1 Tablespoon olive oil  
1 pound mahi mahi fillet  
½ teaspoon sea salt  
¼ teaspoon black pepper

2 zucchini, cut into rounds for a quick side

**PREP:** This is really delicious when made in advance. Prepare on Sunday and by Tuesday it will sing with flavor.

## IN ADVANCE:

Preheat oven to 300°.

In a small bowl, combine flour, salt, black pepper and red chili powder.

Heat oil over medium-low heat, in an oven proof pan. (Like a Dutch oven or something that will hold 4 quarts and has a lid.)

Add garlic; cook 2 minutes or until garlic is fragrant, stirring occasionally. Remove garlic and set aside.

Increase heat to medium-high. Dust beef with flour/seasoning mix and add beef to pan. Cook 5 minutes, browning on all sides. Remove beef from pan.

Add celery, onion and carrots. Cook until onion is translucent about 5 minutes. Add wine to pan; bring to a boil, scraping pan to loosen browned bits. Add in reserved garlic and browned beef.

In a small bowl, combine tomato paste and chicken broth until smooth. Add to pan. Stir thyme into stew.

Cover and bake at 300° for 2 hours. If make ahead, stop here. Cool down stew and store.

## DINNER NIGHT:

Heat prepared stew for 20 minutes over medium heat.

Serve with toasted gluten free bread.

## INGREDIENTS:

¼ cup gluten free flour blend

1 teaspoon salt

1/2 teaspoon ground black pepper

¼ teaspoon red chili powder

2 Tablespoons olive oil

6 garlic cloves, sliced

2-pounds beef stew meat (in cubes)

2 celery stalks, finely chopped

3 medium carrots, chopped

1 medium onion, chopped

1 cup red wine

3 cups gluten free chicken or vegetable broth/stock, low sodium

1 Tablespoon tomato paste

1 teaspoon fresh thyme, finely chopped

4 slices gluten free bread, lightly toasted

# FENNEL BALSAMIC LAMB

## INSTRUCTIONS:

In a small bowl, combine the thyme, salt and pepper. Rub this mixture onto the lamb chops on both sides.

Heat olive oil in a large skillet over medium-high heat. Arrange lamb chops in the skillet and cook for about 5 minutes per side (medium). Remove from the skillet, and keep warm on a serving platter.

Add shallots and fennel to the skillet, and cook for a few minutes, just until browned. Stir in balsamic vinegar, scraping any bits of lamb from the bottom of the skillet, then stir in the chicken broth. Continue to cook and stir over medium-high heat for about 5 minutes, until the sauce has reduced by half. Remove from heat, and stir in the butter. Pour over the lamb chops, and serve with a side of squash, zucchini and roasted tomatoes.

For zucchini:

Slice lengthwise to yield 12 long pieces. Melt butter in sauté pan. Add zucchini slices. Sprinkle with cumin. Season with salt. Sauté for 4-5 minutes, turning once.

For squash, see prep.

## INGREDIENTS:

2 teaspoons fresh thyme, finely chopped

½ teaspoon salt

½ teaspoon black pepper

2 Tablespoons olive oil

8 lamb chops (2" thick)

3 shallots, minced

1 cup fennel, finely chopped

2 Tablespoons balsamic vinegar

1 cup gluten free chicken or vegetable stock/broth

1 Tablespoon butter

2 medium zucchini

½ teaspoon cumin

1 Tablespoon butter

¼ teaspoon salt

8 pieces roasted tomato  
(if you did not roast in prep, you can broil them for 5 minutes or served them sliced raw)

2 halves roasted butternut squash  
(roasted in prep: cut into 8 wedges and reheated in oven for 5 minutes)

# BUTTERNUT SQUASH LASAGNA

## PREP:

Preheat oven to 375F degrees.

Combine ricotta cheese, spinach, oregano and salt. Set aside.

Sauté garlic in olive oil for 2 minutes, then stir in zucchini. Sprinkle in a dash of black pepper. Cook for 5 minutes; until zucchini has softened. Transfer to bowl and set aside.

In the same sauté pan, melt butter. Whisk in flour until combined. Cook for 1-2 minutes or until the flour smell goes away. Whisk in milk. Bring milk to a simmer, about 5 minutes. The sauce will start to thicken. Add salt.

Reduce oven to 375F degrees and lightly oil a baking dish. Good size: 13x9x2 inches.

Pour 1 cup sauce into baking dish (sauce will not cover bottom completely) and arrange 3 lasagna noodles, to cover bottom.

Spoon 1/3 of roasted squash evenly over the noodles. Next, create a layer of garlic zucchini over the squash. Follow with a layer of the ricotta/spinach mix. Place 3 more noodles over 1<sup>st</sup> layer. Pour 1/2 cup of sauce over noodles and repeat layering process twice more. (squash, zucchini and ricotta)

Place final 3 noodles on top. Pour remaining 1 cup sauce over top to cover noodles. Top with layer of Parmesan cheese.

Loosely cover with foil bake for 30 minutes. Remove foil and bake lasagna 10 minutes more, or until top is bubbling and golden. Let lasagna stand 5 minutes.

Toss salad ingredients just before serving.

## INGREDIENTS:

15 oz ricotta cheese

2 cups fresh spinach, washed, dried and chopped

1 teaspoon dried oregano

¼ teaspoon salt

1 medium butternut squash, roasted in advance, see prep

3 tablespoons olive oil

½ teaspoon salt, ¼ teaspoon pepper

1 Tablespoon olive oil

4 cloves garlic, minced

2 medium zucchini, peeled and diced

Dash of black pepper

2 Tablespoon unsalted butter

3 Tablespoons flour

3 cups milk

1/2 teaspoon salt

12 gluten free lasagna noodles -- uncooked

½ cup freshly grated parmesan

For Salad

1 head lettuce

3 tomatoes

¼ cup pantry dressing

# ROASTED TOMATO SOUP

This is a hearty vegetarian dish. Sometimes it's a nice change to give meat a break, but you can always serve it with any leftovers.

**PREP IN ADVANCE (with squash):**

Preheat the oven to 375F degrees.

Remove core from tomatoes and cut in half. Lightly grease a large baking sheet.

Arrange the tomatoes, skin side down, on one half of baking sheet. On other side, place onion, celery and unpeeled garlic. Lightly coat the tomatoes and onions with olive oil. Sprinkle entire sheet with salt and roast in oven for 45 minutes. Check once or twice to make sure onions are not burning. Turn them if necessary.

**DINNER NIGHT:**

Preheat broiler.

Brush bread with butter or olive oil. Arrange on small baking sheet. Sprinkle with black pepper and parmesan.

Broil for 3 minutes or until cheese melts and starts to brown.

Transfer all roasted ingredients to a food processor or blender. Add one cup of stock. Puree on medium until fairly smooth. Add as much or as little of the additional stock until you reach a desired consistency. You might have to work in batches depending on the size of your equipment. Pour soup into medium stockpot and heat on medium for 10 minutes. Salt and pepper to taste.

## **INGREDIENTS:**

8 Roma tomatoes (or 5 beefsteak)

½ teaspoon sea salt

1 large onion, quartered

2 celery stalks, roughly chopped

2 Tablespoons olive oil

5 cloves of garlic, unpeeled

Salt and pepper to taste

3 cups gluten free chicken or vegetable stock, warmed

**For Parmesan Crisps:**

4 slices gluten free bread

½ cup parmesan, shredded

1 Tablespoon butter or olive oil

Dash of black pepper