

PREP:

Quinoa

6 cups water

3 cups quinoa, uncooked

In a medium-large saucepan, bring water or stock to boil and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally.

Allow to cool. Store in airtight container and refrigerate for later use.

Used for 2 recipes.

Lemon juice

Squeeze one lemon to yield 2 Tablespoons juice. Store in small Ziploc until ready to use.

MENU:

MONDAY ①

Baked Chicken

Sweet Potato Salad

Swiss Chard

TUESDAY ②

Red Pepper Scallops

Glazed Carrots

Leftover Swiss Chard

WEDNESDAY ③

Thyme Pork Chops

Mediterranean Cauliflower

Shaved Fennel Salad

THURSDAY ④

Chicken Soup

Apples

FRIDAY ⑤

Vegetable Quinoa Bake

Candied Edamame



Gluten Free October 7th

Shopping List

This Week: 1- Baked Chicken 2-Roasted Scallops 3-Thyme Pork Chops 4-Chicken & Dumplings 5-Quinoa Bake

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	chicken legs and thighs	8 thighs, 8 legs		8
	pork chops	4 thick 2"		10
	bay scallops	1 pound (16)	sub cubed chicken or pork	16

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	sweet potatoes	2 medium		2
	swiss chard	3 bunches		5
	carrots	10 medium		2
	fennel	1 small bulb		3
	edamame beans	1/2 pound	shelled	3
	Yukon gold potatoes	4 medium		3
	cauliflower	1/2 head		2
	arugula	5 cups		4
	celery	2 stalks		1
	fresh parsley	1 large bunch		1
	fresh thyme	1 bunch		2
	lemon	1	for juice	0.5
	shallots	3 medium		1.5
	strawberries	1 pound		3
	apples	2 medium		2

Got it!	Dairy	Quantity	Notes	Est Cost

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	quinoa	3 cups dry		3
	raw almonds	3/4 cup		4
	baking powder	1 teaspoon		1

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
	olive oil	12 Tablespoons	gluten free chicken stock (or vegetable)	7 cups
	garlic	2 cloves	organic butter	3 Tablespoons
	onions	1 red, 1 yellow	eggs	
	dried oregano		tomato paste	
	cumin	2-1/2 teaspoon	white wine vinegar EXTENDED PANTRY	2.5 Tablespoon
	sea salt	7 teaspoons	balsamic vinegar	3 Tablespoons
	black pepper	4 teaspoons	gluten free soy sauce	1 teaspoon
	red chili powder	1/2 teaspoon		
	honey	2 Tablespoons		

INSTRUCTIONS

Make Ahead

- Quinoa

For chicken

Preheat oven to 400°F. Rinse chicken and pat dry. Drizzle olive oil over chicken pieces. Combine salt, black pepper, cumin and chili powder in a small bowl. Rub both sides of the chicken with seasoning mix. Arrange the pieces skin-side up in a roasting pan. Add stock to pan

Bake, uncovered, for 20 minutes. Lower oven to 350°F and cook for 10 minutes more 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.

For sweet potato salad

Place sweet potatoes in a pot of water, enough to cover the sweet potatoes by an inch. Season water with a half teaspoon of salt and bring water to a boil. Cover with lid and cook until it is just about tender, about 6-7 minutes. Drain well once done cooking.

Meanwhile, whisk grape seed oil, vinegar, honey, salt, and black pepper in a small bowl.

In a large bowl, toss sweet potatoes, red onion, quinoa, and parsley with dressing.

For Swiss chard

Arrange almonds in a small, dry sauté pan and toast for 1-2 minutes over burner while shaking pan back and forth. Be careful not to burn the almonds.

Bring a medium pot of water to boil. Once water is boiling, turn heat off and stir in Swiss chard. Let Swiss chard sit in the hot water for 20-30 seconds to heat through, but not wilt. Remove from hot water and drain thoroughly.

In a small bowl, whisk olive oil, lemon juice, salt, and black pepper. Toss Swiss chard and almonds with dressing.

Save half of Swiss chard for Tuesday's dinner.

INGREDIENTS

Chicken - 4 thighs and 4 legs, excess fat trimmed away

1 Tablespoon olive oil

1 teaspoon salt

½ teaspoon black pepper

½ teaspoon cumin

1/8 teaspoon red chili powder

1/2 cup gluten free chicken stock

For sweet potato salad

2 medium sweet potatoes, peeled and diced

1/2 teaspoon salt

½ medium red onion, diced

2 cups quinoa, already prepared

1 Tablespoon fresh parsley, finely chopped

Dressing

1 ½ Tablespoons olive oil

1 Tablespoon white wine vinegar

1 ¼ teaspoons honey

½ teaspoon salt

¼ teaspoon black pepper

For Swiss chard

¼ cup raw almonds, chopped

2 large bunches Swiss chard, stems removed, roughly chopped

1 Tablespoon olive oil

¾ teaspoon fresh lemon juice

½ teaspoon salt

¼ teaspoon black pepper

PAN ROASTED SCALLOPS

glazed carrots and Swiss chard

If you've never tried scallops, now is a perfect time! It's a surprising kid pleaser and they are so easy to prepare.

DIRECTIONS:

Melt the butter in a large skillet over medium heat until lightly browned, being careful not to burn.

Increase heat to high and add the scallops, one at a time. Do not crowd the pan. Sprinkle with salt and pepper.

Sauté until the first side is nicely browned. (3 minutes)

Using tongs or a fork, flip over and sauté the other side until brown. (3 minutes)

Lift scallops from pan, leaving behind a little butter and browned bits.

Add carrots and thyme to the scallop pan, cooking for 6-7 minutes or until carrots start to slightly brown. Add stock, scraping the bottom of the pan with a wooden spoon or spatula to get up the tasty caramelized bits.

Transfer carrots to a serving dish and cover until ready to serve.

For Swiss chard:

Reheat in microwave proof bowl. For best results, cover with clear wrap and heat on high for 2-3 minutes.

Portion Size:

Adults – 4-5 scallops, 1/3 cup carrots, 1/2 cup Swiss chard

Kids (2-8 years old) – 3 scallops, 1/4 cup carrots, 1/2 cup Swiss chard

SUBSTITUTIONS:

- any white fish cut into cubes (increase cooking time to 5-6 minutes)
- shrimp
- beef steak cubed (increase cooking time to 8 minutes)
- boneless pork chop in 1" cubes (increase cooking time to 8 minutes)

INGREDIENTS:

For scallops:

2 Tablespoons butter

1 pound bay scallops, rinsed and dried with paper towel (about 16 medium)

1/4 teaspoon salt

1/4 teaspoon black pepper

1/2 Tablespoon fresh thyme, finely chopped

4 medium carrots, peeled and chopped

1/2 cup gluten free chicken (or vegetable stock)

2 cups leftover Swiss chard

THYME PORK CHOPS

Mediterranean cauliflower & arugula salad

INSTRUCTIONS

For pork chops

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

Heat olive oil in a large skillet over medium-high heat. Arrange pork chops in the skillet and cook for about 5-7 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 pork from the bottom of the skillet, then stir in the chicken stock. 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 pork chops, and serve with a side of cauliflower and arugula salad.

For Mediterranean cauliflower

Preheat oven to 400°F. Heat a tablespoon of grape seed oil in an ovenproof pan over medium high heat. Sauté cauliflower for 2-3 minutes, making sure to stir cauliflower around every so often to cook all the pieces evenly. Roast in the oven for 6-8 minutes.

In a large bowl, toss roasted cauliflower with parsley and almonds, letting the heat warm them through. Let the cauliflower mixture sit for a few minutes before seasoning with a quarter tablespoon of grape seed oil, as well as salt, black pepper, and lemon juice.

For arugula salad

Whisk olive oil, white wine vinegar, lemon juice, honey, salt, and black pepper in a small bowl. Toss dressing with a salad of arugula and strawberries. Serve alongside cauliflower.

INGREDIENTS

For pork chops

2 teaspoons fresh thyme, finely chopped
½ teaspoon salt
½ teaspoon black pepper
4 thick pork chops, bone in (2" thick)
2 Tablespoons olive oil
3 shallots, minced
1 cup fennel, finely chopped
2 Tablespoons balsamic vinegar
1 cup gluten free chicken stock
1 Tablespoon butter

For Mediterranean cauliflower

1 ¼ Tablespoons olive oil
1 head cauliflower, chopped
¼ cup fresh parsley, chopped
½ cup raw almonds, chopped
¾ teaspoon salt
¼ teaspoon black pepper
1 ½ teaspoons fresh lemon juice

For arugula salad

1 ½ Tablespoons olive oil
1 Tablespoon white wine vinegar
½ teaspoon fresh lemon juice
1 teaspoon honey
½ teaspoon salt
¼ teaspoon black pepper
5 cups arugula
1 ½ cups strawberries, sliced

DIRECTIONS:

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 30 minutes or until chicken is no longer pink inside.

Remove chicken and let stand until cool enough to handle.

Remove skin from chicken and tear meat away from bones. Return meat to soup; discard skin and bones.

Return soup to a simmer. Add fresh parsley and potatoes.

Cover and simmer for 15 minutes.

Divide into bowls and serve immediately. Serve with a plate of freshly cut apple slices.

INGREDIENTS:

Chicken – 4 thighs and 4 legs; rinsed and excess fat removed

2 Tablespoons olive oil

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

4 carrots, peeled and sliced

1 medium onion, diced

4 Yukon gold potatoes, peeled and diced

2 teaspoons ground cumin

2 teaspoon salt

1 teaspoon black pepper

4 cups chicken stock

1 cup water

2 Tablespoons fresh parsley

2 apples, sliced

DIRECTIONS:

Heat oven to 350 degrees F.

Heat olive oil in a sauté pan on medium. Add onions, garlic, fennel and carrots. Cook until soft, about 6-8 minutes. Remove from heat.

In a large bowl, combine onion mix, with Swiss chard, quinoa, balsamic, and stock. Add salt and pepper.

Spread mix evenly into baking dish. Bake for 20 minutes. While casserole bakes, prepare edamame.

For edamame:

Bring a pan of water to a boil and add edamame. Cook for 3 minutes (fresh) or 8 minutes (frozen); then drain.

In a small saucepan, heat water and honey until honey has dissolved. Add edamame and stir to coat all edamame beans. Cook until liquid starts to reduce and thicken. Melt chili powder in olive oil to form paste. Add soy sauce and chili paste to edamame. Continue cooking until beans are a little sticky and liquid has been reduced; about 10 minutes.

Note: You can substitute green peas. Reduce cooking time to 4 minutes total.

INGREDIENTS:

2 Tablespoons olive oil

½ medium red onion, chopped

2 cloves garlic, minced or pressed

1 cup finely chopped fennel

2 medium carrots, peeled & chopped

1 bunch Swiss chard, stems removed and chopped

4 cups cooked quinoa

1 teaspoon balsamic vinegar

1 cup gluten free chicken or vegetable stock

½ teaspoon salt

½ teaspoon black pepper

For edamame:

½ lb. shelled edamame (fresh preferred but frozen okay)

2 Tablespoons water

1 Tablespoon raw honey

1 teaspoon gluten free soy sauce

1/4 teaspoon red chili powder

1 teaspoon olive oil