

PREP AHEAD OF TIME

1. Cook Brown Rice
 - 1 Tablespoon Butter
 - 1 Tablespoon Olive Oil
 - 2-1/2 cups Brown Rice
 - 2-1/2 cups Water
 - 2-1/2 cups gluten free Chicken Stock (or water)
 - 1/2 teaspoon salt

In stockpot (whichever one you have the lid for) melt butter and add oil and rice. Sauté rice for about 3 minutes until it starts to slightly brown. Add liquid and bring to boil. Reduce to simmer, cover and let steam for 25 minutes before you even think about touching that lid!
2. Wash Spinach, dry and store in Ziploc container with paper towel to absorb moisture
3. Wash Cabbage, dry and store in Ziploc container with paper towel to absorb moisture
4. Roast Turkey (use leftovers from Thanksgiving or purchase a 1" thick cut of fresh roasted turkey from the deli and cut into cubes)
5. Cranberry Sauce (use leftover from Thanksgiving OR buy fresh sauce from deli OR use 1 cup dried cranberries soaked in 1 cup water for about an hour and then pureed)

MENU:

MONDAY ①

Turkey Tetrazzini
Spinach Salad

TUESDAY ②

Shrimp & Cabbage Stir-fry
Brown Rice
Tangerines

WEDNESDAY ③

Cranberry Lime Pork Roast
White Bean Casserole

THURSDAY ④

Cream of Mushroom Soup
Vegetable Quesadillas

FRIDAY ⑤

Kitchen Sink Tostadas



November 25th Gluten Free Shopping List

This Week's Menu: Turkey Tetrazzini, Shrimp/Cabbage Stir-fry, Cranberry Pork Roast, Cream of Mushroom Soup, Tostadas

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	roasted turkey	2 cups	leftover or 1" thick slice from deli	8
2	shrimp, peeled, tail off	1 pound	SUB: 2 cups cubed turkey	12
3, 5	pork loin roast	2-3 pounds	boneless, rolled	18

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 4	button mushrooms	24oz		5
1	petit peas	1 cup	organic frozen okay	2
1, 4	baby spinach	2 pounds	to yield 10 cups	4
2, 3, 5	Napa cabbage	1 head		3
3	carrots	4 medium		1.5
4	red bell pepper	1 medium	SUB: Zucchini	1.5
2, 4	green onions	9 stalks		2
2	fresh ginger	1" piece		1
1, 4	fresh thyme	1 bunch	yield 2 Tablespoons leaves	2
1, 2, 5	tangerines	8 to 10	cuties or clementines	3
3	orange juice	1/2 cup		1

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 4	nonfat half & half	2 cups	organic preferred	3
1	grated Parmesan	1/2 cup	get the real stuff!!!	2
4, 5	natural jack cheese	12 ounces	yield 3 cups. Go for quality!	4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
3	cannellini beans	2- 14oz cans		2
3	cranberry sauce or cranberries	1 cup	if no sauce left buy dried cranberries	2
4, 5	corn tortillas	12 medium		3
1, 4	optional: white wine	1 cup	if none on hand use water	

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	11 Tablespoons	gluten free chicken stock (or vegetable)	9.5 cups
	garlic	9 cloves	organic butter	5 Tablespoons
	onions	1 medium	eggs	1 white
	black beans	1 can (15oz)	gluten free pantry dressing	1/4 cup
	cumin	1 teaspoon	www.thefresh20.com/pantrydressing	
	sea salt	almost 4 teasp	rice wine vinegar**extended pantry	2.5 teaspoons
	black pepper	1.5 teaspoons	gluten free soy sauce	1.5 Tablespoon
	honey	1 Tablespoon	gluten free spaghetti	12 oz
	brown rice	2.5 cups	arrowroot or gluten free flour blend	5 Tablespoons

DIRECTIONS:

Preheat oven to 450°

Boil salty water for pasta. Cook pasta according to package but slightly al dente. Note: Using oil in water prevents pasta from absorbing sauce.

Prepare a large, slightly greased baking dish, 9x13.

For sauce base:

In a large saucepan, heat 1 Tablespoon olive oil over medium-high heat and sauté the onions and garlic until translucent (about 5 minutes). Add wine, mushrooms & thyme. Cook for 3 minutes then stir in vinegar. Transfer to bowl and mix with roasted turkey.

In the same pan, melt 1 Tablespoon butter. Add remaining 1 Tablespoon olive oil and heat until sizzling. Add the flour and whisk for 1 minute. Whisk in stock, half & half, salt, pepper and cumin. Simmer on high, stirring frequently, until the sauce thickens (about 5 minutes).

For pasta:

Toss the sauce with the pasta until well coated. Stir in the peas, and turkey/mushroom mix. Arrange in the baking dish. Sprinkle with Parmesan cheese.

Bake, uncovered, for 20 minutes.

Allow to set for 5 minutes before serving.

For salad:

Toss baby spinach with pantry dressing. Top with tangerine pieces and cranberries.

INGREDIENTS:

12 oz gluten free spaghetti

2 Tablespoons olive oil, divided

½ onion, finely chopped

3 cloves garlic, minced

½ cup white wine

8 oz button mushrooms, sliced

1 Tablespoon fresh thyme leaves, finely chopped

1 teaspoon rice wine vinegar

2 cups cubed roasted turkey (leftover from Thanksgiving)

1 Tablespoon organic butter (unsalted)

2 Tablespoons gluten free flour blend

2 cups gluten free chicken or vegetable stock

1 cup nonfat half & half

1 teaspoon salt

½ teaspoon black pepper

½ teaspoon cumin

1 cup petit peas (fresh frozen okay)

½ cup Parmesan, grated

6 cups baby spinach

3 cutie tangerines, peeled and sectioned into wedges

¼ cup dried cranberries

¼ cup pantry dressing
(www.thefresh20.com/pantrydressings)

Shrimp & Cabbage Stir-fry

brown rice and cuties

DIRECTIONS:

Whisk the egg white, flour and 1 teaspoon soy sauce in a large bowl until frothy. Add the shrimp and toss to coat. Refrigerate 10 minutes.

Meanwhile, whisk the honey, vinegar and the remaining 1 Tablespoon soy sauce with the chicken stock/broth. Set aside.

Drain the shrimp.

Heat the olive oil in a wok or large skillet over medium-high heat and stir-fry the green onions, ginger and garlic, about 30 seconds. Add the shrimp and stir-fry until almost cooked through, about 3 minutes. Add the cabbage and stir-fry until wilted and the shrimp are just cooked through, about 2 more minutes.

Stir the sweet sauce mixture. Add to the pan and simmer, stirring occasionally, 2 minutes. Serve with $\frac{3}{4}$ cup brown rice and 1-2 cuties.

SEAFOOD SUB: 2 cups cubed roasted turkey (1" thick slice from deli)

INGREDIENTS:

1 large egg white

1 Tablespoon arrowroot or gluten free flour blend

1 teaspoon + 1 Tablespoon gluten free soy sauce

1 pound medium shrimp, peeled and deveined

1 Tablespoon natural honey

1 1/2 teaspoons rice wine vinegar

1/2 cup gluten free chicken or vegetable stock/broth

2 Tablespoons olive oil

4 green onions, chopped

1 Tablespoon fresh ginger, peeled and finely grated or minced

1 clove garlic, minced

1 pound Napa cabbage (1/2 head), cut into 1-inch pieces

3 cups prepared brown rice

A bowlful of cutie tangerines

Cranberry Pork Roast

white bean casserole

This recipe takes a little longer in the oven but you can season the pork in advance and the hands-on time is minimal.

DIRECTIONS:

Preheat oven to 350°

Mix garlic, carrots, beans and cabbage in a bowl.

Combine salt and pepper; rub over the roast. Place roast, fat side up, on a rack in a greased roasting pan. Arrange vegetable/bean mix around roast on sides of pan. Pour stock evenly over veggies.

Combine the cranberry sauce and orange juice in a saucepan; cook over medium heat until cranberry sauce is thick.

Drizzle a third of the glaze over roast.
Bake, uncovered, for 40 minutes, basting occasionally with glaze.

Bake 20 minutes longer, basting frequently with remaining glaze. Let stand for 10 minutes before slicing.

Serve roast with cabbage and beans and drizzle extra glaze over meat.

This recipe makes about 8 servings of meat so watch the portions and save half of roast for another recipe.

INGREDIENTS:

2 cloves garlic, minced

4 medium carrots, peeled and cut into 1" pieces

¼ head Napa cabbage, washed and cut into short strips

2- 15oz cans cannellini beans, rinsed

1 teaspoon salt

1/2 teaspoon pepper

1 boneless rolled pork loin roast (2-3 pounds)

½ cup gluten free chicken or vegetable stock/broth

½ cup fresh orange juice

1 cup leftover cranberry sauce
OR

1 cup dried cranberries, soaked in 1 cup water

Cream of Mushroom Soup

vegetable quesadillas

DIRECTIONS:

For soup:

Melt the butter and oil in a heavy duty pan and cook 4 green onions, garlic and thyme, stirring, for 1 minute, or until the garlic is golden. Add the mushrooms, salt and pepper. Optional: Add wine.

Cook for 3 to 4 minutes, or until the mushrooms soften. Add flour and cook, stirring for 1 minute.

Remove from the heat and add the stock, stirring continuously. Return to the heat and bring to the boil, stirring. Reduce the heat and simmer gently for 2 minutes, stirring occasionally.

Whisk the half & half into the soup, then reheat gently, stirring. Do not boil soup. Season to taste with salt and pepper, and garnish with 1 sliced green onion and thyme.

For quesadillas

Preheat oven to 400 degrees.

Heat 1 Tablespoon olive oil in a large skillet. Add bell pepper and onion. Sauté vegetables, until soft, for about 5 minutes. Add salt and spinach and cook an additional 3 minutes.

Lightly brush one side of tortillas with olive oil. Arrange 4 tortillas, oil side down onto a large baking sheet. Sprinkle each tortilla with 1/4 cup cheese. Add 1/2 cup of vegetable mixture. Sprinkle with an additional 1/4 cup cheese. Top with remaining tortillas, oil side out. Place in oven for 10 minutes, flipping half way through.

Serve quesadillas with a cup of soup.

INGREDIENTS:

For soup:

3 Tablespoons organic butter

3 Tablespoons olive oil

4+1 green onions, thinly sliced

3 cloves garlic, chopped

1 teaspoon chopped fresh thyme

1 pound button mushrooms, stems removed and sliced

Optional: 1/2 cup white wine

1 Tablespoon arrowroot or 2

Tablespoons gluten free flour blend

4 cups gluten free chicken or vegetable stock/broth

1 cup nonfat half & half

1/2 teaspoon salt

1/2 teaspoon black pepper

2 sprigs fresh thyme leaves

For quesadillas

1 bell pepper, chopped

4 cups baby spinach

1/2 onion, chopped

1/2 teaspoon salt

2 Tablespoon olive oil, divided

8 corn tortillas (8")

2 cups Monterey Jack cheese, reduced fat; shredded

DIRECTIONS:

Preheat oven to 400°F. Brush tortillas with olive oil on both sides. Arrange the tortillas on a large baking sheet. Bake, turning once, for 8 minutes until slightly browned and crispy.

Combine cumin and black beans. In a microwave bowl, heat beans on high for 2-3 minutes. Mash slightly with a fork. Set aside.

Toss cabbage, tangerine juice, and salt. Set aside.

Heat leftover pork.

For this recipe, each person gets one tostada shell.

Pile on the toppings to make a filling meal!

Start with a layer of black beans, and then add a scoop of brown rice. Next, add a layer of cabbage mix. Followed by the shredded pork! Then top with cheese.

If you have any extra veggies or meat in the fridge, add them into the mix. This is a great opportunity to use up any leftovers and limit waste. And a little hot sauce wouldn't hurt!

INGREDIENTS:

1 Tablespoon olive oil

4 corn tortillas

14 oz black beans, drained

½ teaspoon cumin

¼ head Napa cabbage, shredded

1 tangerine, juiced

¼ teaspoon salt

2 cups prepared brown rice

3 cups leftover pork loin, shredded

1 cup Monterey Jack Cheese,
shredded