



Gluten Free January 19th

Shopping List

This Week's Menu: Clam Chowder, Garlic Kale, Black Eyed Pea Salad, Chicken Nuggets, Scallop Potatoes

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	chicken breast	2 halves	about 1 pound	8
	fresh littleneck clams	1.5 pounds	about 20 whole clams	14
	lean deli ham	1 pound	sliced, reduced sodium	9

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	celery	2 ribs		2
	carrots	5	about 1 pound	2
	bibb lettuce	1 head		2
	tomato	4		3
	scallions	4		2
	fresh parsley	1 bunch	yield: 7 Tablespoons	1
	parsnips	3		3
	apples	6 medium		3
	lemon	1		1
	kale	3 pounds		3
	tofu (firm)	1 container		3
	red bell pepper	1		1
	new potatoes	10	about 3 pounds	4

Got it!	Dairy	Quantity	Notes	Est Cost
	gruyere or swiss	3 cups	reduced fat, shredded	4
	feta	1/4 cup		2
	half-and-half	2-1/4 cups		3

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	gluten free loaf of bread	1/2 loaf		3
	black-eyed peas	1- 14oz can		2

Fresh 20 Grocery Est 75
 Cost Per Dinner 15
 Cost Per Serving 3.8

	Pantry Essentials	Quantity	Pantry Essentials	Qty
Check your pantry for this week's staples	olive oil	1/2 cup	chicken stock (or vegetable) - gluten free	5 cups
	garlic	3 cloves	gluten free rice flour or gluten free blend	2 Tablespoons
	onions	1/2 medium	black beans	14 oz can
	dried oregano	1 teaspoon	egg	1
	butter	1 Tablespoon	Dijon mustard (gluten free)	1 Tablespoon
	sea salt	2-1/2 teaspoons	balsamic vinegar	2 Tablespoon
	black pepper	1 teaspoon	gluten free soy sauce - (La Choy)	2 teaspoons
	red chili powder	1/8 teaspoon	brown sugar	2 Tablespoons

PREP AHEAD OF TIME:

Clean and Steam Clams:

Scrub clams in cold water. Discard any that are open, a sign that they have gone bad. Place cleaned clams into a steamer with $\frac{1}{4}$ inch of water. Cover and steam for 3-5 minutes, until they open. Reserve the liquid in a sealed Ziploc container. Allow to cool and remove meat from the shells. Chop clams into bite sized pieces. Refrigerate in an airtight container until chowder night. Use within 2 days.

Make Breadcrumbs:

3 slices gluten free bread (to yield 1 cup crumbs)

Slice into toaster size pieces. Toast until well done and hardened. Grind in food processor or crumble with hands until mealy.

Store breadcrumbs in an airtight Ziploc container for up to 2 weeks.

Make Applesauce:

4 apples, peeled & cored
1/8 cup packed brown sugar
 $\frac{1}{2}$ lemon, juiced
 $\frac{1}{2}$ cup water

In a heavy pot, combine all the ingredients. Cover and cook over medium-low heat for 30 minutes or until apples are tender, stirring occasionally. Remove from the heat; mash apples until sauce is desired consistency. Serve warm or cold.

GLUTEN FREE TIPS:

1. There are many great gluten free breads and bread mixes on the market today. If you are unable to find breadcrumbs, finely crushed gluten free rice crackers, Rice Chex or Corn Chex work too.

MENU:

MONDAY

Garlic Kale w/ Tofu

TUESDAY

Clam Chowder

Bibb Lettuce Salad

WEDNESDAY

Black Eyed Pea Salad

Ham Toasts

THURSDAY

Chicken Nuggets

Chunky Applesauce

Parsnip Chips

FRIDAY

Scalloped Potatoes w/ Ham

Carrot Salad

This is an easy one bowl meal. It's flexible, easy to customize and features kale, a favorite winter vegetable.

DIRECTIONS:

Remove the stems from the kale stalks. Wash, pat dry and chop the kale leaves.

Heat the olive oil on high. When the oil is very hot, add the garlic followed by the kale and red pepper slices.

Cook uncovered, stirring frequently, over high heat for about 5 minutes.

Add a tablespoon of soy sauce and the cubed tofu. Continue to cook until tofu is warm.

Season with salt and pepper to taste.

Divide into 4 bowls and serve immediately.

GLUTEN FREE NOTES:

1. Many brands of tofu on the market contain wheat as an ingredient, especially if it also has soy sauce as a flavoring. All packaging should be clearly marked, so choose one that does not list wheat as an ingredient.

INGREDIENTS:

3 pounds kale

1 Tablespoon olive oil

3 cloves garlic, minced

1 red bell pepper, seeded and sliced

1 container firm tofu, cut into cubes

2 teaspoons soy sauce (reduced sodium)

Salt and pepper to taste

CHICKEN NUGGETS

w/ chunky applesauce & parsnip chips

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 milk and egg.

In medium dish, combine gluten free bread crumbs, oregano, and chili powder.

Using a fork or chopsticks, one piece at a time, dip chicken into milk/egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay into 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.

For applesauce:

In a heavy pot, combine all the ingredients. Cover and cook over medium-low heat for 30 minutes or until apples are tender, stirring occasionally. Remove from the heat; mash apples until sauce is desired consistency. Serve warm or cold.

For parsnip chips:

Toss parsnip slices in olive oil and sprinkle with salt and pepper.

Arrange in a single layer onto a lightly greased baking sheet. Bake at 375 for about 10-15 minutes, until they begin to crisp.

GLUTEN FREE NOTES:

1. See prep for gluten free bread crumb tips. If you don't have gluten free bread, two highly recommended brands are Ener-G Gluten Free Bread Crumbs or Gillian's Gluten Free bread crumbs.

2. If you don't have gluten free bread crumbs, try finely crushed gluten free rice crackers, Rice Chex or Corn Chex.

INGREDIENTS:

1 teaspoon olive oil (for pan)

2 large chicken breast halves

½ teaspoon salt

¼ teaspoon black pepper

1 egg

¼ cup half-and-half

1 cup gluten free bread crumbs (see prep and notes)

1 teaspoon dried oregano

1/8 teaspoon red chili powder

Applesauce:

4 apples, peeled & cored

2 Tablespoons packed brown sugar

½ lemon, juiced

½ cup water

Parsnip Chips:

3 parsnips, peeled and sliced into ¼" rounds

1 Tablespoon olive oil

¼ teaspoon sea salt

1/8 teaspoon black pepper

DIRECTIONS:

In a large stockpot, heat olive oil over medium heat. Add onion, celery, potatoes and carrots. Sauté for 10 minutes, stirring occasionally.

Meanwhile, place cleaned clams into a steamer with $\frac{1}{4}$ inch of water. Cover and steam for 3-5 minutes, until they open. Reserve the liquid. Allow to cool and remove meat from the shells. Chop clams into bite sized pieces.

Sprinkle gluten free flour over vegetables and mix well. Pour in gluten free chicken stock and bring to boil.

Reduce heat to simmer adding in balsamic vinegar and salt.

Just before serving, add in clams, half and half, and if desired, a little reserved clam water.

Keep on low simmer, not a boil for a maximum of 5 minutes.

Divide into 4 bowls; garnish with fresh parsley and bread cubes. Serve with side salad.

Notes:

Canned clams are an acceptable substitution if the quality is excellent.

Dairy-Free: You could certainly omit the addition of cream and increase the stock or clam juice by a cup.

Hate clams? Try shrimp or chicken as an alternative.

Portion size is 1-1/2 cups soup, 2 cups salad

INGREDIENTS:

$\frac{1}{4}$ cup olive oil

$\frac{1}{2}$ medium onion, chopped

2 ribs celery, diced

4 new potatoes, cubed

1 cup diced carrots

20 whole clams, scrubbed in cold water

3 cups gluten free chicken or vegetable stock

1 cup fat free half and half

2 Tablespoons gluten free rice flour or gluten free flour blend

1 Tablespoon balsamic vinegar

1 teaspoon salt

1-2 cups reserved clam water

2 Tablespoons fresh parsley, finely chopped

3 slices gluten free bread, toasted and cut into cubes

For salad:

1 head Bibb lettuce, chopped

2 tomatoes cut into wedges

$\frac{1}{4}$ cup gluten free pantry dressing (recipes on site)

I consider beans to be a fresh canned food. It takes a lot of time to cook simple beans and they are the one staple that I often buy canned. Always rinse the beans in a strainer to remove any excess sodium.

This dinner is quick and informal.

DIRECTIONS:

Mix beans, tomatoes, and scallions in a salad bowl.

In a small bowl, whisk together oil, vinegar, salt, pepper, and parsley.

Pour dressing over salad and combine. Sprinkle with feta cheese and stir until just mixed.

Set aside while you prepare ham toasts.

This salad can be made in advance and stored in fridge for 3 days.

For ham toasts:

Preheat the broiler.

In a medium bowl, combine ham, Dijon and cheese.

Spoon the mixture on the bread slices, sprinkle with black pepper and broil until cheese bubbles.

Serve with bean salad and apple slices.

Notes:

Turkey or roast beef can be substituted for ham.

Portion size is 1 cup bean salad and 4 ham toasts & half an apple.

GLUTEN FREE NOTES:

1. Use your favorite gluten free bread for this dish. It is also a great use for the ends of your gluten free breads, too.

2. If you don't have gluten free bread, you can use corn tortillas or thin gluten free pre-made pizza crusts.

INGREDIENTS:

14 oz can low sodium black beans, rinsed and drained

14 oz can black-eyed peas, rinsed and drained

4 scallions, finely chopped (whites & green)

2 tomatoes, diced

2 Tablespoons olive oil

1 Tablespoon balsamic vinegar

¼ teaspoon salt

¼ teaspoon black pepper

2 Tablespoons fresh parsley, finely chopped

1/4 cup feta cheese, crumbled

For toasts

½ pound lean ham, chopped into small pieces

1 Tablespoon Dijon mustard

1 cup Swiss cheese, shredded

8 slices gluten free bread

Black pepper to taste

2 apples, sliced

Gruyere makes a big difference in flavor. It's nutty and sharp and very distinctive in scalloped potatoes. It can be quite expensive so Swiss is an acceptable alternative to stay on budget.

DIRECTIONS:

To par cook potatoes: Place potatoes and 1 cup water in a large microwave safe dish with cover. Cook for 5 minutes on high.

Preheat oven to 375°F. Butter a large, shallow casserole dish with 1 Tablespoon butter.

Heat chicken stock, parsley and half-and-half in a medium sauce pan. Bring to boil and remove from heat.

Layer the bottom of a casserole dish with 1/3 of the potato slices. Layer 1/2 cup of the Swiss cheese followed by 1/3 of warm liquid. Place half of the ham strips over the layers.

Repeat by layering on 1/3 of the potato slices, then ½ cup of cheese and 1/3 of warm liquid.

Add another layer of ham strips. Top the casserole with the remaining potato slices, liquid and the remaining cheese. Cover the casserole with aluminum foil and bake in the oven for 30 minutes. Remove the foil. Return to the oven for an additional 15 minutes.

Allow casserole to settle while you prepare salad.

For salad: With a fork, combine all ingredients together in medium bowl. Sprinkle with a little black pepper. Chill until ready to serve. Can be made in advance.

Note:

Portion size is 2 cups casserole, 1/2 cup carrot salad

GLUTEN FREE NOTES:

1. Choose a gluten free chicken or vegetable stock. Select one that does not list wheat, rye or barley as an ingredient.

INGREDIENTS:

6 new potatoes, peeled

1 Tablespoon butter

½ pound lean ham, sliced into strips

8 oz (2 cups) Gruyere or Swiss cheese, shredded

2 cups gluten free chicken or vegetable stock

1 cup half-and-half (fat free)

2 Tbsp chopped fresh parsley

½ teaspoon sea salt

¼ teaspoon black pepper

For salad:

3 carrots, grated

½ lemon, juiced

1 teaspoon olive oil

¼ teaspoon salt

Pinch of brown sugar

1 Tablespoon fresh parsley, finely chopped

Black pepper to taste