



February 16 Gluten Free
Shopping List

This Week's Menu: Chicken w/ Leeks, Rice Noodle Shrimp, Chicken Fajitas, Stuffed Avocado, Basil Shrimp

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	Shrimp	1-1/2 pounds	raw, peeled, tail on	15
	Chicken Tenders	2 pounds	breast will work too	12

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	bell peppers	4	3 red, 1 yellow	4
	mushrooms	8 oz	white or button	2
	baby spinach	1 pound	4 cups	3
	tomatoes	3 medium		2
	avocado	3 medium		3
	leeks	2 medium		2
	fresh parsley	1 bunch	to yield 1/2 cup chopped	1
	basil	1 plant	to yield 1 cup shredded	2
	limes	5		2
	jalapeno	1		1
	fresh ginger	1 piece	to yield 1 Tablespoon grated	1
	asparagus	12 spears		3
	romaine lettuce	1 head	to yield 6 cups	2

Got it!	Dairy	Quantity	Notes	Est Cost
	Greek yougurt, nofat, plain	1-1/2 cups		2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	whole what tortillas	12 medium	8"	3
	dry quinoa	1 cup		3
	rice noodles	4 oz	1/2 box of THAI brand	3
	garbanzo beans	15 oz can		2

Fresh 20 Grocery Est 68
 Cost Per Dinner 13.6
 Cost Per Serving 3.4

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	7 Tablespoons	chicken stock (or vegetable)	8 cups
	garlic	5 cloves	organic butter	1 Tablespoon
	onions	2-Jan	eggs	6
			brown rice	2 cups dry
	cumin	1-1/2 teaspoon	Dijon mustard	1/2 teaspoon
	sea salt	3 teaspoons	balsamic vinegar	1 teaspoon
	black pepper	1/2 teaspoon	soy sauce	1 Tablespoon
	red chili powder	1 teaspoon	pantry dressing	1/4 cup
	brown sugar	1 teaspoon		

PREP AHEAD OF TIME:

DELUXE BROWN RICE

2 cups brown rice
4 cups water
¼ onion, chopped
1 Tablespoon olive oil
1 Tablespoon butter
1 teaspoon salt

Melt butter with olive oil in a small stockpot (with lid). Stir in onions. Add rice and stir to coat. Brown the rice by cooking without any additional liquid for about 3-4 minutes. Stir in water and salt; bring to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes. Remove from heat and let sit covered for an additional five minutes. Yield is 6 cups; used for 2 recipes.

HARD BOIL EGGS

5 eggs
1 teaspoon vinegar (balsamic or white or apple)

Carefully place eggs in small pot. Cover with water until eggs are completely submerged. Add in a dash of vinegar to prevent cracking while cooking. Bring to boil on high heat for 2 minutes. Turn off heat, cover eggs and let sit 10 minutes. Rinse with cold water and store in Ziploc bag until egg salad night!

See substitutes if allergic to eggs.

MENU:

MONDAY

Chicken with Leeks
Parsley Rice

TUESDAY

Shrimp Rice Noodles

WEDNESDAY

Chicken Fajitas
Tomato Rice

THURSDAY

Avocado
Egg Salad Wraps

FRIDAY

Basil Shrimp
Citrus Quinoa

DIRECTIONS:

Set $\frac{1}{4}$ cup leeks aside in a small Ziploc bag for another dinner.

Heat olive oil on high. Add leeks and sauté for 5 minutes. Add 2 cups stock, reduce heat to simmer and cook additional 5 minutes.

Season chicken with salt and pepper. Add to leeks, cover pan and cook for 6 minutes, stirring once to prevent burning.

Once chicken is cooked through, add in mushrooms and last cup of stock. Stir in yogurt until combined. Remove from heat. Salt and pepper to taste. Cover until ready to serve.

For rice:

Combine rice, parsley, chili powder and salt.

Divide rice into 4 bowls. Cover with chicken. Spoon a little sauce over each bowl.

Portion size: 1-1/2 cup chicken/leek, $\frac{3}{4}$ cup rice

INGREDIENTS:

1 Tablespoon olive oil

2 medium leeks, trimmed, chopped and then washed to remove grit

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon black pepper

3 cups gluten free chicken stock

1 pound chicken tenders

4 oz mushrooms, brushed, stem removed and sliced

$\frac{1}{2}$ cup Greek yogurt

Salt and pepper to taste

3 cups cooked rice, warmed

$\frac{1}{4}$ cup fresh parsley, finely chopped

$\frac{1}{4}$ teaspoon red chili powder (cayenne)

$\frac{1}{4}$ teaspoon salt

This dish is just as easy with cubes of chicken, beef or fish.

DIRECTIONS:

Sauté garlic and bell pepper in olive oil over medium-high heat. Add shrimp and season with salt. Cook shrimp for about 5 minutes until they are opaque. Remove from heat. Toss with shredded basil.

For quinoa:

Bring stock and butter to a simmer over medium heat. Stir in lime bits. Stir in quinoa and cover with lid. Simmer for 25 minutes. Season with salt.

For salad:

Toss spinach with dressing. Arrange on a flat platter. Layer tomatoes over spinach.

Serve shrimp on a bed of quinoa with a side of tomato "Carpaccio".

INGREDIENTS:

1 Tablespoon olive oil

2 cloves garlic

½ red bell pepper, finely chopped

½ teaspoon salt

¾ pound raw shrimp, peeled, tail on

1 cup basil, shredded

1 cup dry original Quinoa

2 cups chicken or vegetable stock

1 Tablespoon butter

¼ teaspoon salt

1 lime, peeled and chopped into small bits

4 cups baby spinach, washed and towel dried

2 tomatoes, thinly sliced

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

*This may seem like a strange dinner. Some nights the whole family is wiped out and a light mix of easy salads works really well. I always turn to egg salad when I want quick and tasty. **If you have an egg allergy, use gluten free tofu instead and leave the egg white out of the dressing!***

DIRECTIONS:

Peel eggs and discard shells. Loosely chop eggs and place in medium bowl. Combine eggs with leeks, bell pepper and parsley. Toss with $\frac{1}{2}$ dressing. Spoon $\frac{1}{3}$ cup onto a corn tortilla that has been heated in the microwave for 20 seconds so it is soft and will roll easier. Cover with $\frac{1}{2}$ avocado, sliced.

Toss garbanzo beans with olive oil, lime juice and salt. Mash with a fork.

Toss romaine with remaining dressing.

Portion size: One tortilla, half avocado, $\frac{1}{3}$ cup egg salad, $\frac{1}{2}$ cup garbanzo beans, 2 cups romaine salad.

SUBSTITUTION: Use cubed tofu instead of eggs.

Dressing

1 Tablespoon olive oil
 1 teaspoon balsamic vinegar
 1 teaspoon natural brown sugar
 $\frac{1}{2}$ teaspoon Dijon mustard
 Pinch of red chili powder
 1 egg white
 $\frac{1}{8}$ teaspoon salt

Whisk together all ingredients until creamy.
 Refrigerate (up to two days) until ready to use.

INGREDIENTS:

5 eggs, hard boiled (see prep)
 $\frac{1}{4}$ cup leeks, chopped (saved from previous prep)
 $\frac{1}{4}$ fresh parsley, chopped
 $\frac{1}{2}$ bell pepper, finely chopped
 4 gluten free corn tortillas (8" or larger)
 15oz garbanzo beans (canned), rinsed and drained
 1 lime
 1 Tablespoon olive oil
 1 teaspoon salt
 2 avocado, pit removed and sliced
 1 head romaine lettuce, washed and chopped

I love one bowl meals. They are quick, nutritious and extremely flexible. Don't like asparagus? Use broccoli! Allergic to shrimp? Add in cubes of fish instead. You can eat this with chop sticks for extra fun!

DIRECTIONS:

In a large stockpot, on medium, heat olive oil.

Add garlic, jalapeno and onions. Sauté until onions are translucent. Add in ginger, cumin, chili powder, and salt. Mix well to combine seasonings.

Pour in 4 cups stock and bring to boil. Remove from heat; add in shrimp, noodles and asparagus. Cover and let sit for 8 minutes. Remove cover and taste.

Add in lime juice and soy sauce. Taste again. Makes a difference, huh?

Divide between 4 bowls and season with a dash of black pepper.

INGREDIENTS:

1 Tablespoon olive oil

3 cloves garlic, minced

½ onion, sliced into long pieces

½ jalapeno pepper, seeded and finely chopped

½ teaspoon ground cumin

1 Tablespoon fresh ginger, grated

¼ teaspoon chili powder

½ teaspoon salt

4 cups gluten free chicken or vegetable stock

¾ pound raw shrimp, peeled, tail on

4 oz rice noodles(should be naturally gluten free, check bag)

12 asparagus spears, trimmed and cut into 1" pieces

1 lime, juiced

1 Tablespoon gluten free soy sauce, (La Choy)

Black pepper to taste

DIRECTIONS:

Heat 1 Tablespoon of oil in a large skillet over high heat.

Add the bell peppers, jalapeno and onion. Cook, stirring frequently until peppers are hot, but still slightly crisp, about 5 minutes. Remove from the skillet and set aside.

Heat remaining 1 Tablespoon of oil into the same skillet; add chicken. Season with cumin, chili powder, salt, and pepper. Cook, stirring occasionally, until no longer pink, about 6 minutes.

Reduce heat to low, and return the pepper/onion mix to the skillet. Stir in parsley. Squeeze in lime juice.

Simmer until peppers are heated.

Combine tomatoes and rice then reheat on stovetop or in microwave (3 min) covered with plastic wrap. Stir before serving. Tomatoes should break apart and color rice a little.

Warm tortillas (wrapped in damp paper towels) in microwave for 30 seconds.

Cut lime into 8 wedges. Slice avocado.

Arrange warm tortillas, fajitas, lime wedges and avocado on a large serving platter.

Place 1 cup plain Greek yogurt in a small serving dish.

Everyone can build their own fajitas! Serve with $\frac{3}{4}$ cup Spanish rice per serving.

INGREDIENTS:

2 Tablespoon olive oil, divided

$\frac{1}{2}$ medium onion, cut into long slices

$\frac{1}{2}$ jalapeno, seeded and finely chopped

2 red bell pepper, core removed, cut into strips

1 yellow bell pepper, core removed, cut into strips

1 pound chicken tenders, cut into thin slices

1 teaspoon ground cumin

$\frac{1}{2}$ teaspoon each – salt, black pepper and red chili powder

1 lime

2 Tablespoons fresh parsley

1 avocado (slice when ready to eat to prevent browning)

1 cup Greek yogurt, plain, nonfat

8 gluten free tortillas (8" or larger)

3 cups cooked rice

1 medium tomato, finely chopped