



February 9th

Shopping List

This Week's Menu: Chicken Pot Rice, Pepper Snapper, Vegetable Stir Fry, Broiled Chicken, Tangy Beans

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	Red Snapper	1.5 pounds	4 fillets about 6oz each	16
	Chicken Breast	7 half breasts	go organic!	18
	Turkey Italian Sausage	5 mild links	check for gluten free label	5

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	carrots	5 medium		2
	celery	5 ribs/stalks		2
	parsley	1 bunch	to yield 1/2 cup chopped	1
	broccoli	1-1/2 pounds	to yield 7 cups	3
	yellow italian squash	3 medium		3
	bell pepper	1 green, 3 red		4
	basil	1 bunch	12 large leaves needed	2
	green beans	1 pound		2
	orange	1		1
	romaine lettuce	1 head		2
	cucumber	1 medium		1
	cherry or grape tomatoes	1 pint	about 30 tomatoes	3

Got it!	Dairy	Quantity	Notes	Est Cost
	milk	1 cup	nonfat	1
	Parmesan	1 cup	grated	3

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	gluten free pasta	1 pound	see notes for brand suggestions	4
	sesame oil	2 oz	good to have on hand for salad	3

Fresh 20 Grocery Est 76
 Cost Per Dinner 15.2
 Cost Per Serving 3.8

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	7 Tablespoons	gluten free chicken stock (or vegetable)	1-1/2 cups
	garlic	2 cloves	organic butter	1 Tablespoon
	onions	3	brown rice	3 cups dry
	dried oregano		whole wheat flour	1/2 cup
	cumin	1-1/2 teaspoons	black beans, low sodium	1-14oz can
	sea salt	7 teaspoons	pantry dressing	1/2 cup
	black pepper	3-1/2 teaspoons	gluten free soy sauce, reduced sodium	2 Tablespoons
	red chili powder	1/2 teaspoon	pasta	part of 20 ingre

PREP AHEAD OF TIME:

BROWN RICE

- 3 cups brown rice
- 3 cups gluten free chicken stock
- 3 cups water
- 1 Tablespoon olive oil
- 1 teaspoon salt

Add all ingredients to a medium stockpot and bring water 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.

POACHED CHICKEN & STOCK

- 3 chicken breasts
- ½ medium onion
- 3 large carrots
- 2 celery ribs
- 1 Tablespoon salt
- 4 cups water

Combine the chicken, carrot, celery, onion and salt into a large stock pot. Add cold water and bring to a boil over high heat.

Reduce the heat to a simmer and cook for 20 minutes. Remove the chicken from the pot and set aside. Continue to simmer stock for additional 10 minutes.

Discard vegetables by pouring through strainer. Reserve 2-1/2 cups of stock for filling. Store any extra stock in airtight container for use with another dinner.

MENU:

MONDAY

No Meat Monday!
Vegetable Stirfry

TUESDAY

Red Snapper & Peppers
Parmesan Squash

WEDNESDAY

Chicken Pot Rice
Salad

THURSDAY

Italian Sausage Pasta
w/ Red Peppers

FRIDAY

Broiled Chicken
Tangy Green Beans
Pasta Salad

DIRECTIONS:

In a large skillet, heat olive oil until sizzling. Add onion, garlic and bell pepper, stirring quickly. Season with salt and chili powder and continue cooking for about 3 minutes. Mix in broccoli and squash, stirring to combine. Drizzle in sesame oil and soy sauce. Continue to cook for 5 minutes, stirring frequently. Total cooking time is 10 minutes. Vegetables should still be slightly crisp.

In a medium bowl, combine black beans, cumin and black pepper. Heat in small pot on stove or in medium bowl in microwave.

Heat 3 cups of prepared rice.

Portion size: 2 cups stir fry, $\frac{3}{4}$ cup rice, $\frac{1}{3}$ cup beans

Gluten Free Notes:

1. La Choy sauce is the only mainstream brand of soy sauce that is gluten free. Most of the soy sauce's clearly mark "wheat" as a main ingredient which means gluten free people can't eat it.

INGREDIENTS:

2 Tablespoon olive oil

$\frac{1}{2}$ onion, thinly sliced

2 cloves garlic, minced

1 red bell pepper, cored and sliced

1 teaspoon salt

$\frac{1}{4}$ teaspoon red chili powder

2 cups broccoli florets, chopped

1 yellow Italian squash, cut into $\frac{1}{4}$ " half moons

1 Tablespoon gluten free soy sauce, reduced sodium

1 teaspoon sesame oil

1 can black beans, drained and rinsed

3 cups cooked brown rice

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

$\frac{1}{2}$ teaspoon black pepper

DIRECTIONS:

Preheat oven to 350 degrees F.

Toss green pepper and onion with olive oil, salt and pepper to coat.

Spread the onion and pepper in a large, oven proof baking dish and arrange the fillets on top.

Combine the melted butter and the parsley and pour over fish. Season with salt.

Bake for 12 minutes or until fish is firm but flaky.

For Squash:

Arrange the squash on a large baking sheet that has been slightly oiled.

Drizzle with olive oil and sprinkle with salt.

Bake for 7 minutes, flip over and sprinkle with Parmesan and black pepper. Bake until cheese starts to golden.

Portion size: 6 oz fillet, ¼ cup peppers/onions, 4 slices squash

INGREDIENTS:

4 red snapper fillets (approx 1/3 pound each)

½ teaspoon salt

½ teaspoon pepper

1 green pepper, cored and sliced thin

½ onion, sliced thin

1 Tablespoon olive oil

1 Tablespoon butter, melted

¼ cup fresh parsley, finely chopped

½ teaspoon salt

For squash:

2 yellow squash, ends removed and sliced lengthwise into ¼" thick strips

1 Tablespoon olive oil

½ teaspoon salt

½ cup Parmesan, grated

¼ teaspoon black pepper

I love a good chicken pot pie but working with pie dough on a busy weeknight leaves me a little stressed. Who says the filling can't be equally delicious served over rice?

DIRECTIONS:

MAKE AHEAD:

Combine the chicken, carrot, celery, onion and salt into a large stock pot. Add cold water and bring to a boil over high heat.

Reduce the heat to a simmer and cook for 20 minutes. Remove the chicken from the pot and set aside. Continue to simmer stock for additional 10 minutes.

Discard vegetables by pouring through strainer. Reserve 2-1/2 cups of stock for filling. Store any extra stock in airtight container for use with another dinner.

DINNER NIGHT:

Chop or shred chicken.

In a large skillet, melt olive oil on medium heat. Add the onions, carrots, and celery, and cook until the onions are translucent, about 5 minutes. Stir in potato starch and cook for two minutes.

Stir in chicken stock. Pour in the milk and stir. Add the chicken meat, parsley, salt and pepper and stir well. Decrease the heat to low and simmer for 10 minutes, stirring often. Serve over brown rice with a side salad.

Portion size: 1-1/2 cups chicken filling, 3/4 cup rice, 2 cups salad

Gluten Free Notes:

1. *Potato starch is not the same thing as potato flour. The starch absorbs more liquid and has less of a "taste" to it. You can also substitute arrowroot or corn starch as a thickening agent.

INGREDIENTS:

- 3 chicken breasts
- 2 carrots, broken into 4 pieces
- 2 celery stalk, cut into quarters
- 1/2 medium onion, cut into 2 pieces
- 2 teaspoons salt
- 6 cups water
- 2 Tablespoons olive oil
- 1/2 onion, diced
- 3 carrots, peeled and sliced
- 3 ribs celery, ends trimmed, sliced
- 1/2 cup potato starch*
- 1 cup milk
- 1/4 cup parsley, minced
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 3 cups cooked brown rice

For salad:

- 1 head romaine lettuce, washed and chopped
- 16 cherry tomatoes
- 1/2 cucumber, peeled and sliced
- 1/4 cup **gluten free** pantry dressing

DIRECTIONS:

Bring salty water to a boil. Cook gluten free pasta according to package. IMPORTANT! Cook all pasta but put aside 2-1/2 cups cooked pasta (tossed with a little oil) for another dinner!

In a large pot, bring 1 cup gluten free chicken stock to a simmer over med heat. Add onions and bell peppers. Cover and cook until soft, about 10 minutes. Once liquid is absorbed, season with salt, pepper and red chili pepper.

Place broccoli in a large microwave dish with 2 Tablespoons water. Cover and microwave for 4 minutes.

Meanwhile, in a small skillet, brown gluten free sausage over medium-high heat.

Add cooked sausage to pepper/onion mix and continue to simmer, uncovered for about 5 minutes. Fold in basil.

Combine pasta and sausage/pepper mix in a large serving bowl. Cover with grated Parmesan. Serve immediately with a side of broccoli.

Portion size: 2 cups pasta, 1 cup broccoli

Gluten Free Notes:

1. Schar makes a terrific assortment of gluten free pastas that cook well without getting mushy. However, use your favorite brand of gluten free pasta for this dish.
2. Check to make sure your chicken broth is gluten free. Swanson and Pacific Natural Foods both are noted to be gluten free. Pacific is also organic.
3. Check to make sure your sausage is gluten free. Most Johnsonville brand sausages are gluten free.
4. Tip: Gluten free pasta doesn't always heat up great as a left over. Consider making it fresh again the second night.

INGREDIENTS:

2 red bell peppers, cored and sliced

1 onion, sliced

1 cup gluten free chicken stock

4 gluten free turkey Italian sausage (mild)

12 leaves basil, shredded

½ teaspoon salt

½ teaspoon black pepper

1/8 teaspoon cayenne pepper

½ cup Parmesan

¾ pound gluten free pasta

4 cups broccoli florets, chopped

A simple meal with great flavor.

DIRECTIONS:

Preheat broiler. Combine seasonings in small bowl. Rub into both sides of chicken breasts. Brush broil pan with olive oil. Place breasts on broil pan. Pan should be at least 4 inches from flame. Broil for 7 minutes each side.

For green beans:

Remove casing from sausage and brown in a skillet over medium heat. Add beans to cooked sausage and combine. Pour in stock and orange juice and simmer beans until liquid has been absorbed, about 5 minutes. Season with salt and pepper.

For a vegetarian version, replace sausage with pecans.

For gluten free pasta salad:

Combine pasta, tomatoes, broccoli, cucumber and dressing.

Salt and pepper to taste.

Portion size: 1 chicken breast, 1 cup green beans, 1 cup pasta salad

Gluten Free Notes:

1. Check to make sure your brand of chicken broth and sausage is gluten free. When in doubt, contact the manufacturer or "Google" the brand followed by "gluten free" to look for updated information.
2. If you don't have gluten free pasta, substitute cooked brown or white rice.

INGREDIENTS:

4 chicken breasts, boneless, skinless

1 teaspoon salt

1 teaspoon black pepper

1 teaspoon cumin

1 Tablespoon olive oil

For tangy beans:

1 pound green beans, ends trimmed

1 gluten free turkey Italian sausage

¼ cup gluten free chicken or vegetable stock

1 orange, juiced

Pinch of salt

1/8 teaspoon black pepper

For pasta salad:

2-1/2 cups plain cooked gluten free pasta (leftover from previous night)

12 cherry tomatoes, cut in half

1 cup broccoli, finely chopped

½ cucumber, peeled and chopped

¼ pantry dressing (on site)