



Gluten Free March 16

Shopping List

This Week's Menu: Marsala Chicken, Balsamic Halibut, Mushroom Risotto, Ham/Cheese Quesadilla, Potato Skins

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	chicken thighs	8	skinless boneless	10
	lean ham	1 lb	2 thick slices (black forest is great)	9
	fresh halibut	1.5 pounds	fresh in season	18

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	Yukon gold potatoes	14	new potatoes okay	4
	asparagus	1.5 pounds	about 30 spears	4
	green leaf lettuce	1 head		1
	cauliflower	1/2 head	ask produce man to cut one for you	2
	tomatoes	2		1
	mushrooms	1.5 pounds	20 oz, white button	4
	thyme	1 bunch		1
	parsley	1 bunch		1
	baby spinach	6 cups		3

Got it!	Dairy	Quantity	Notes	Est Cost
	monterey jack cheese	3 cups	12 oz shredded	4
	greek yogurt, nonfat plain	1 cup		2
	gluten free corn tortillas	8		4

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	Marsala wine	10 oz	next to sherry	5
	Arborio rice / Risotto	2 cups dry		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	9 Tablespoons	gluten free chicken stock (or vegetable)	7 cups
	garlic	2 cloves	organic butter	5 Tablespoons
	onions	1/2 red	pantry dressing	1/4 cup
	cumin	dash	gluten free Dijon mustard	1 teaspoon
	sea salt	4 teaspoons	balsamic vinegar	1/2 cup
	black pepper	1 teaspoon	gluten free soy sauce	2 Tablespoons
	red chili powder/cayenne	1/4 teaspoon		
	brown sugar	3 Tablespoons	flour	4 Tablespoons

PREP AHEAD OF TIME:

BAKED POTATOES

8 Yukon gold or new potatoes
1 Tablespoon olive oil

Preheat oven to 375 degrees. Scrub Potatoes. Brush with olive oil and arrange on baking sheet. Bake for 25 minutes. Let cool and store in airtight container for up to 4 days.

GLUTEN FREE FLOUR:

Any gluten free flour will work well to batter the halibut. I favor flours for batter that include rice, potato and tapioca.

MENU:

MONDAY

Marsala Chicken
Mashed Potatoes, Steamed
Asparagus

TUESDAY

Balsamic Halibut
Cauliflower Mash

WEDNESDAY

Baked Potato Skins
w/ Ham & Asparagus

THURSDAY

Mushroom Risotto
Romaine Salad

FRIDAY

Ham & Cheese Quesadilla
Spinach Salad

DIRECTIONS:

Dust both sides of chicken in gluten free flour. Shake off any excess flour.

Heat half of butter and half of olive oil in a large skillet over medium-high heat.

Sear chicken on both sides until golden brown, about 3-4 minutes per side. Remove chicken from pan and set aside.

Heat remaining butter and oil in pan. Add sliced mushrooms and brown slightly. Add Marsala to pan and bring to a simmer. With a wooden spoon or spatula, scrape some of the browned bits on the bottom of pan. Once Marsala has slightly reduced in volume, pour in stock and simmer for 2 minutes. Add salt to liquid, then arrange chicken back in pan and reduce heat to medium.

Cover with lid or foil and bring to simmer for 5 minutes. Remove lid. Flip chicken pieces over and cook uncovered for 2-3 minutes to reduce sauce.

Transfer to serving dishes, garnish with parsley and a dash of black pepper to taste.

Serve with mashed potatoes and steamed asparagus.

INGREDIENTS:

8 chicken thighs, skinless & boneless

4 Tablespoons gluten free flour

2 Tablespoons butter (divide in half)

2 Tablespoons olive oil (divide in half)

8 oz mushrooms, sliced

1 cup (8oz) Marsala wine

2 cups (16oz) gluten free chicken or vegetable stock

1 teaspoon sea salt

2 teaspoons fresh parsley, finely chopped

Black pepper to taste

16 spears asparagus, steamed

DIRECTIONS:

In a medium bowl, whisk together first 5 ingredients. Rinse fish and pat dry. Place fish in oven proof dish. Pour marinade over fish to thoroughly coat.

Heat broiler.

Remove halibut from baking dish, reserving marinade. Place fillets down on well oiled broiler pan. Place in oven at least three inches from flame.

Cook 5 minutes and carefully, lower 2 inches & cook add'l 4 minutes. Place marinade in small saucepan and bring to boil. Reduce liquid for 5 minutes.

Chop basil leaves. Transfer broiled fish to serving dish and top with marinade.

For cauliflower mash:

Steam cauliflower in large steamer insert for 5 minutes. Break up cauliflower into pieces small enough to fit into blender or food processor.

Place all ingredients in blender and pulse on high for about 30 seconds until thick and smooth in texture.

Transfer to serving bowl and cover with foil until ready to serve. Mash can be made up to 2 days ahead and re-heated in microwave just before serving.

INGREDIENTS:

1/3 cup balsamic vinegar

2 Tablespoons gluten free soy sauce
(e.g. La Choy)

2 Tablespoons olive oil

2 Tablespoons brown sugar

2 cloves garlic, minced

1.5 pound halibut fillet

For cauliflower mash:

½ head cauliflower

½ cup gluten free chicken stock

1 teaspoon fresh thyme leaves

½ teaspoon sea salt

1/8 teaspoon cayenne

Dash ground cumin

DIRECTIONS:

Melt butter with olive oil over medium heat.

Add risotto/rice stirring to coat.

Sauté risotto for 3-4 minutes until slightly brown.

Season with salt and pepper.

Add Marsala wine and cook one minute before stirring in 1 cup chicken stock and 1 cup water.

Cook 10 minutes, until liquid is absorbed then stir in another cup of stock.

Cook 5 minutes stirring frequently (risotto needs a lot of attention).

Add third cup of stock, cook five minutes then add mushrooms and last cup of stock.

Cook 5 minutes. Stir in cheese and thyme. Serve immediately.

Add any fridge veggies to the chopped romaine and the pantry dressing to create a side salad.

Portion Note:

Adult, 1-1/2 cups risotto, 2 cups salad

Kids (3-8), 1 cup risotto, 1 cup salad

INGREDIENTS:

1 Tablespoon butter

1 Tablespoon olive oil

2 cups Arborio rice, dry

½ teaspoon salt

¼ teaspoon black pepper

2 teaspoons Marsala wine

4 cups gluten free chicken or vegetable stock, warm

1 cup water, warm

6-8 oz white button mushrooms, sliced

3 oz Monterey Jack cheese, shredded

1 teaspoon fresh thyme leaves

6 cups romaine lettuce, chopped

¼ cup gluten free pantry dressing

(www.thefresh20.com/pantrydressings)

This is a grab and go dinner for nights when everyone can't sit down at once. Prepare and leave on stove for quick access. No sides, no fuss, just a quick bite for a busy night.

DIRECTIONS:

Ahead of time:

Preheat oven to 375 degrees. Scrub Potatoes. Poke potatoes with a fork. Brush with olive oil and arrange on baking sheet. Bake for 25 minutes.

Dinner night:

Preheat oven to 350 degrees. Cut in half lengthwise. Scoop out potato and transfer to mixing bowl. Try to keep skins intact so you can fill them.

Microwave chopped asparagus in a covered bowl with 1 Tablespoon water for 2 minutes.

Toss all ingredients (except skins) together in mixing bowl.

Spoon mix back into empty potato skins. Arrange on baking sheet and bake 15 minutes until warmed through and skins are crisp.

INGREDIENTS:

8 new potatoes or Yukon Gold
(smaller than russets)

1 Tablespoon olive oil

12 spears asparagus, chopped

1-1 inch" thick slice black forest or
honey ham (low sodium)

1 Tablespoon butter, melted

½ cup plain Greek yogurt

¼ cup gluten free chicken stock

½ teaspoon salt

1/8 teaspoon cayenne pepper

Dash of black pepper

1 Tablespoon fresh thyme leaves

DIRECTIONS:

Preheat oven to 350 degrees.

Brush one side of all 8 tortillas with olive oil.

Place 4 tortillas, oiled sides down, onto baking sheets.

Spread each tortilla with $\frac{1}{2}$ cup cheese and $\frac{1}{3}$ cup ham.

Top with the remaining 4 tortillas, oiled sides up, and lightly press to seal.

Bake until cheese has melted and tortillas are golden brown, turning them once, about 10 minutes.

To serve, cut quesadillas into quarters.

For spinach salad:

Whisk all dressing ingredients together until well combined. For a creamier version, use an immersion blender.

Place spinach leaves in a large salad bowl. Toss with $\frac{1}{4}$ cup dressing. Cover with mushrooms and tomatoes. Serve red onion on the side.

Refrigerate any leftover dressing in an airtight container for up to a week.

SUBSTITUTIONS:

Roasted turkey can easily be substituted for ham.

INGREDIENTS:

8 gluten free corn tortillas 8"

$\frac{1}{2}$ pound sliced deli ham or roasted turkey (about 3 $\frac{1}{2}$ " thick slice), chopped

2 cups Monterey jack cheese, shredded

1 Tablespoon olive oil

Salt and black pepper to taste

For spinach salad:

6 cups baby spinach; washed, dried & chopped

$\frac{1}{2}$ small red onion, sliced into thin strips

8 oz mushrooms; brushed off with paper towel and sliced

2 Tomatoes, chopped

For dressing:

2 Tablespoons olive oil

1 Tablespoon balsamic vinegar

1 Tablespoon brown sugar

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

1 teaspoon gluten free Dijon mustard