

## PREP AHEAD OF TIME:

### **QUINOA** (used for 2 recipes):

3 cup dry organic quinoa

5 cups gluten free chicken stock or water

Combine quinoa and liquid in a small saucepan. Stirring frequently, bring to a simmer and then reduce to low. Cover and cook for 20 minutes. Remove from heat and let sit covered for an additional five minutes. Can be made ahead and reheated (and seasoned) just before dinner.

### **STEAM POTATOES:**

3 medium gold potatoes (may use red)

2 cups water

Peel potatoes. Using a steamer pot or a small pot with a stainless steel colander insert, boil water. Add potatoes and cover. Make sure the potatoes are not submerged in the water. Steam for 8 minutes. Remove potatoes from heat, let cool and store in an airtight container until ready to use.

**\*\*Note:** Do not over steam the potatoes. They should be a little hard which makes it easier to cut into cubes for the Spanish tortilla.

## MENU:

### **MONDAY**

Meatless Monday

Spanish Tortilla

### **TUESDAY**

Shrimp Piri-Piri

Quinoa

### **WEDNESDAY**

Lamb Chops

Carrot/Parsnip Sauté

### **THURSDAY**

Shrimp and Corn Salad

### **FRIDAY**

Grilled Sausage Plate



May 20th - Gluten Free

# Shopping List

This Week's Menu: Spanish Tortilla, Shrimp Piri-Piri, Lamb Chops, Shrimp/Corn Salad, Grilled Sausage

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	shrimp	2 pounds	24 per pound	18
	lamb chops	8 loin chops	1" thick, about 2 pounds	22
	gluten free turkey italian sausage	4-5 links	1-1/2 pounds	6

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	red bell pepper	3		3
	lemon	4		2
	parsley	1 bunch	Italian flat leaf	2
	cilantro	1 bunch		2
	lettuce	2 heads	to yield 10 cups	4
	carrots	4 medium		2
	parsnips	1	if not available, okay to omit	1
	gold potatoes	3	red or new potatoes are fine	2
	kale	3 bunches	look for large, dark green leaf	5
	corn	3 ears		2
	green onions	2		1
	clemintine tangerines	6		2
	jalapeno	1		0.5
	apple	2 medium		1

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	quinoa (dry)	3 cups dry		2

Fresh 20 Grocery Est 77.5  
 Cost Per Dinner 15.5  
 Cost Per Serving 3.875

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	8-1/2 teaspoon	gf chicken or vegetable stock for QUINOA	5 cups
	garlic	4 cloves	organic butter	2 Tablespoons
	onions	1 medium	organic eggs	6
	dried oregano	3/4 teaspoon	gluten free pantry dressing	1/2 cup
			brown sugar	2 Tablespoons
	salt (kosher or sea)	2-1/2 teaspoon	balsamic vinegar	1 Tablespoon
	black pepper	1 teaspoon		
	cayenne	1/2 teaspoon		

## SPANISH TORTILLA with roasted kale

### INSTRUCTIONS

Preheat oven to 375° F.

*For roasted kale:*

Toss kale with olive oil. Sprinkle with salt. Spread kale on baking sheet and bake for 8-10 minutes, or until the leave edges are slightly brown.

Once kale is out of oven, turn oven down to 350°F.

For tortilla:

In a medium (9") oven proof skillet, sauté onions in olive oil over medium-high heat for 3-5 minutes or until softened.

Add potatoes and continue to sauté for an additional 3-4minutes. If potatoes start to stick, add a Tablespoon of water and stir. Add thyme and salt. Stir to coat vegetables with seasoning.

Lower the heat to medium-low and pour in eggs.

Cook over stovetop for 2-3 minutes. Be careful not to stir the mixture; instead, gently and slowly shift the pan from side to side.

Finish by baking in the oven for 15-18 minutes.

Remove from oven and let sit at least 5 minutes before serving.

Cut into wedges and serve with roasted kale and apple slices.

### INGREDIENTS

*For roasted kale:*

2 bunches kale, stems removed; rinsed and dried; chopped into 1-inch strips

1 Tablespoon olive oil

1/8 teaspoon salt

*For tortilla:*

1-½ Tablespoons olive oil

½ onion, chopped

3 medium gold potatoes, steamed (see prep) cut into small cubes (*may use red potatoes*)

½ teaspoon fresh thyme, leaves only, chopped

½ teaspoon of salt

6 eggs, lightly beaten with 1 Tablespoon water

2 medium apples, sliced

## INSTRUCTIONS

## Piri Piri Marinade:

In a food processor, blend olive oil, red bell pepper, onion, garlic, lemon juice, parsley leaves, cilantro leaves, balsamic vinegar, cayenne pepper, salt until smooth.

Pour piri piri sauce over shrimp in an airtight container, making sure that the shrimp is coated in sauce. Marinate in refrigerator for at least 20 minutes and up to 8 hours.

When ready to cook, heat 1 Tablespoon olive oil in a pan over medium heat. Once the oil is shimmering, add shrimp to the pan. Spread the shrimp evenly throughout the pan so that each shrimp is flat on its side.

After a minute and a half, flip each shrimp to cook through on the other side for another minute and a half. Remove all shrimp to a serving dish.

Add quinoa to pan. Coat with any leftover piri piri marinade and cook until well heated.

Serve 6 shrimp with  $\frac{3}{4}$  cup quinoa and a simple side salad.

*Substitution:*

*Any white flesh fish cut into 2"x2" cubes*

## INGREDIENTS

1 Tablespoon olive oil

1 large red bell pepper, seeded and cut into quarters

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

2 cloves garlic, cut in half

1 lemon, juiced

$\frac{1}{3}$  cup parsley leaves

$\frac{1}{3}$  cup cilantro leaves

1 Tablespoon balsamic vinegar

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

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

$\frac{3}{4}$  lb of large shrimp (24 pieces), peeled and deveined

1 Tablespoon of olive oil

3 cups quinoa, prepared

side salad:

1 head bibb lettuce, torn into pieces

1 medium carrot, shredded

$\frac{1}{8}$  cup gluten free pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

## INSTRUCTIONS

### *For chutney:*

Combine water, lemon zest, lemon sections, garlic, brown sugar, cayenne pepper, oregano, salt, pepper, and 1 Tablespoon olive oil together in a small sauce pan. Simmer on low, stirring occasionally for about 10 minutes or until the chutney thickens.

### *For lamb:*

Sprinkle salt and pepper mix on each main side of the lamb chops. Heat remaining (1 Tablespoon) olive oil on a pan over medium heat. Once oil is shimmering, add chops to the pan and sear on one side for 5 minutes.

Turn chops on the other main side and spoon ½ Tablespoon of chutney on the top of each chop. Lower the heat to medium-low. Pan sear for another 5 minutes.\*\*

Turn heat off, set aside and cover with a sheet of foil to tent for five minutes before serving. The residual heat will bring the lamb chops to medium. Spoon remaining chutney over the lamb before serving.

\*\*Sear for another 2 minutes for medium well to well

### *For carrots:*

Peel and cut ends off carrot and parsnip. Using a peeler, cut ribbons of carrots and parsnips shaving from bottom to top. It's kind of like peeling the entire vegetable into long shavings.

Melt butter in skillet. Add carrot/parsnip ribbons and toss to coat with butter. Sauté on medium high heat. Add pinch of sugar, salt and pepper to taste. Once pan is dry, add water and listen to the sizzle. Toss the carrots and parsnips and they will begin to absorb the water. Continue to toss ribbons in the pan so that they are cooked evenly about 5 minutes total. When all liquid has evaporated, serve onto dish.

\*Note: You can easily skip the sugar in this dish.

## INGREDIENTS

### For chutney:

2 Tablespoons water

2 lemons, zest each lemon, peel and section the lemon like an orange; remove seeds

1 Tablespoon olive oil

2 garlic cloves, pressed or minced

2 Tablespoons brown sugar

¼ teaspoon cayenne pepper\*

½ teaspoon dried oregano

½ teaspoon salt

½ teaspoon black pepper

### *For lamb:*

1 Tablespoon olive oil

4 lamb loin chops (2" thick) or  
8 small lamb chops (3/4" thick)

Salt and pepper mix composed of ¼ tsp of each salt and black pepper combined for seasoning

### *Carrot mélange:*

2 Tablespoons butter

4 large carrots, peeled

1 small parsnip peeled

a pinch of brown sugar, salt and pepper to taste

½ cup water

*One bowl meals make for happy dinners.*

## INSTRUCTIONS

Sauté shrimp in olive oil for 2 minutes over medium heat. Add lemon juice, jalapeno, corn, and green onion. Sprinkle with salt and pepper. Cook for 3-4 minutes. Remove from heat and set aside to cool.

Toss lettuce in dressing. Arrange lettuce on a large platter. Spoon shrimp mixture over lettuce. Top with tangerines and bell peppers.

If desired, you can chill slightly before serving.

Substitutions:

Chicken breast cut into 1" x 1" cubes instead of shrimp

## INGREDIENTS

1 pound shrimp, peeled, tail off

1 Tablespoon olive oil

½ lemon, juiced

3 ears corn, kernels removed

½ jalapeno, finely chopped

2 green onions (whites only), finely chopped

¼ teaspoon black pepper

½ teaspoon sea salt

6 cups green leaf lettuce, chopped

¼ cup gluten free pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

1 bell pepper, seeds removed, sliced

6 Clementine tangerines, peeled and sectioned

## DIRECTIONS:

Split sausage down the middle lengthwise. Grill using dry pan, grill pan or outdoor grill.

### *Kale salad:*

Combine olive oil, lemon juice and salt. Pout over kale and mix well. Chill until ready to serve.

### To serve:

Arrange sausage, pepper slices and kale salad on plate with a scoop of quinoa.

You can add any vegetables that are lurking in the fridge. The main components are the sausage, the quinoa and the kale. Other than that, you can go wild with additions. Don't let those vegetables go to waste!

Note: Ask the butcher if they the fresh sausage is gluten free.

Jenny-O, Applegate Farms and Johnsonville brands all have gluten free turkey sausage. I always recommend reading the labels to look for "wheat" in the sausage blend. To determine if your favorite sausage is gluten free, type the brand name into your web browser followed by "gluten free" and read the reviews. Additionally, you can always contact the company directly by looking up their customer service line.

## INGREDIENTS:

4-5 turkey Italian sausage links  
(use quality butcher or meat department! If using packaged, check label for gluten free!)

1 red bell pepper, seeded and sliced

3 cups quinoa, prepared

### *kale salad:*

1 bunch kale, stems removed, finely chopped

1 Tablespoon olive oil

½ lemon, juiced

¼ teaspoon salt