



# July 1st

## Prep Guide

### BBQ SAUCE

3 Tablespoons butter  
1/2 onion  
1 cup water  
4 tomatoes  
2 teaspoons Dijon  
1/3 cup brown sugar  
1/2 teaspoon salt

Chop onion up into several pieces. Chop tomatoes into six pieces. Melt butter over medium heat. Add onions and saute for 5 minutes. Add tomatoes and continue cooking for 5 additional minutes. Smash heated tomatoes. Add water, brown sugar and Dijon. Simmer for 15 minutes. Stirring frequently. Let thicken slightly. Remove from heat and cool down. If desired, strain BBQ sauce into a tupperware dish and store in fridge.

### CORNMEAL

2 corn tortillas (6 inch)

Tear tortillas into several pieces and place in a food processor. Grind on high until a crumble forms, about 3 minutes. Place cornmeal in ziploc bag.

### MAYONNAISE

1 egg yolk  
1/2 cup oil  
1 teaspoon rice wine vinegar or lemon juice  
1/8 teaspoon salt

Start by beating egg yolk with hand mixer or immersion blender until thickened a little. Add salt and continue to beat. Add oil a tiny drizzle at a time. Go very slow, it is the key to making good mayo. It should take about 3 minutes to add all of the oil. Once your mixture has stiffened quite a bit, add in lemon juice (or vinegar). Store in fridge until use. The recipe can be doubled if needed.

MONDAY

Quick Holiday Ribs  
coleslaw and fresh corn

TUESDAY

Linguine w/ Clams

WEDNESDAY

Smoked Salmon Cakes  
cucumber soup

THURSDAY

Leftovers

FRIDAY

Corn Chowder  
sugar snap peas

DESSERT

Grilled Nectarines



Gluten Free July 1st

## Shopping List

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	baby back (pork)	3-4 pounds	2 slabs	21
	smoked salmon	6 oz		6
	littleneck clams	30 ct	manila clams good too	14

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	green cabbage	1 head		2
	carrots	2		1
	corn	7 ears		3
	bibb lettuce	1 head		3
	potatoes	2	yukon gold	2
	lemon	1	juice and some zest	1
	parsley	1 bunch		1
	tomatoes	5	roma	4
	chives	1 bunch		1
	cucumber	6	large, firm	3
	avocado	2		2
	nectarine	4	ripe but not soft	2
	sugar snap peas	1 pound		3

Got it!	Dairy	Quantity	Notes	Est Cost
	nonfat plain yogurt	10 oz	greek style (strained preferred)	3
	milk	12 oz	1 - 1/2 cups	2

Got it!	Bakery	Quantity	Notes	Est Cost
	corn tortillas	2	6 inch round	2

Fresh 20 Grocery Est	76
Cost Per Dinner	19
Cost Per Serving	4.75

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	Eggs	2	Gluten Free Pantry Dressing	1/4 cup
	Butter	3 Tablespoons	<a href="http://www.thefresh20.com/pantrydressing">www.thefresh20.com/pantrydressing</a>	
	Chili Pepper	1/4 teaspoon	Brown Sugar	3/4 cup
	Garlic	2	Salt	1 teaspoon
	Onion	1	Black Pepper	1/2 teaspoon
	Olive Oil	3/4 cup	Gluten Free Chicken Stock	2 cups
	Gluten Free Dijon Mustard	2 teaspoons	Gluten Free Flour Mix	1/3 cup
	***Rice Vinegar (from previous week)	1 Tablespoon	Balsamic Vinegar	1/2 cup

## Recipe

### AHEAD OF TIME:

If necessary, trim fat off ribs. Cut slab into 4 or 5 pieces with 3 ribs as a portion.

Place the ribs into a large pot and cover with water. Bring to a boil over high heat; reduce heat to medium and simmer until tender, about 1 hour. Drain ribs and transfer to a large ziploc. Refridgerate.



### DINNER NIGHT:

Preheat broiler oven to over 500 degrees.

Place ribs meat side up onto foil lined baking sheet.

Brush the ribs with half of the barbeque sauce. Broil in the preheated oven (six inches from flame) until the sauce has turned sticky and lightly browned, about 5 minutes, checking frequently. Turn the ribs over and brush with the remaining sauce. Continue to broil until the sauce has turned sticky, about 5 minutes. Baste with any remaining sauce as necessary.

It is really important to keep an eye on the ribs.

Burnt meat happens very quickly under the broiler!

### COLESLAW:

It's easiest to shred cabbage and carrots into bite size pieces in food processor. Finely mince onion. Combine mayonnaise, mustard, brown sugar and vinegar with a whisk. Fold dressing into coleslaw mix with onions. Add salt and pepper. Cool in fridge until ready to serve.

### CORN:

Have kids husk corn and rinse any silk off with cold water. Place cobs into a gallon size ziploc bag with 1/2 cup of water and butter. Seal half way and microwave on high for 3 minutes. Carefully, shake the bag and rotate. Microwave an additional 2 minutes. With potholders, remove and place on counter to cool down. Take care when opening bag to avoid steam burns.

## ingredients

**baby back ribs (pork)**  
2 slabs (3-1/2 to 4 pounds)

**salt and pepper**  
to taste

**bbq sauce (from prep)**  
1 cup

**coleslaw**  
**cabbage**  
1/2 head shredded

**carrots**  
2 medium shredded

**onion**  
1/4

**homemade mayo**  
1/2 cup

**Dijon mustard**  
1 teaspoon

**brown sugar**  
1 teaspoon

**rice wine vinegar**  
1 teaspoon

**salt & pepper**  
1/4 teaspoon each

**CORN**  
**fresh corn on the cob**  
4

**butter**  
1 Tablespoon

# linguine with clams



## ingredients

gluten free linguine  
12 oz

little neck clams  
30

chili powder  
1/4 teaspoon

olive oil  
2 Tablespoons

gluten free chicken stock  
2 cups

garlic  
2 cloves

parsley  
1 Tablespoon

tomato  
1

optional:  
lemon zest  
1/8 teaspoon

## Recipe

### DINNER NIGHT

Boil salty water for pasta.

Scrub clams under cold running water and brush off shells to remove any caked-on mud. We use littleneck or manila clams because they contain less grit and do not require more intensive cleaning.

Place clams, stock, and chili powder in a deep, 10 to 12-inch, skillet. Cover and bring to boil over high heat.

Continue to boil, shaking pan a few times, until clams begin to open, 3-5 minutes.. Transfer clams and liquid to a heat proof bowl.

Chop tomato and press or mince garlic. Mince parsley. Zest lemon skin to yield 1/8 teaspoon.

Add pasta to water and cook according to package (al dente).

Heat oil and garlic into same skillet over medium-low heat for about 3 minutes.

Add tomatoes, raise heat to high and sauté until tomatoes soften, about 2 minutes.

Add clams back to pan and cover; cook until all clams open, 1 to 2 minutes.

Discard any unopened clams.

Drain pasta; do not rinse. Transfer to skillet and toss a little at a time.

Stir in parsley and optional lemon zest.

Salt and pepper to taste, and serve immediately.



## ingredients

plain nonfat yogurt  
1 cup

chives  
20ish strings

corn  
1 ear

gluten free flour  
1/3 cup

cornmeal (from prep)  
2 Tablespoon

milk  
1/2 cup

egg  
1 separated

olive oil  
2 teaspoons

smoked salmon  
6 oz

**SOUP**  
cucumber  
6 large

avocado  
2

nectarine  
1

lemon  
1

salt & pepper  
to taste

## Recipe

### DINNER NIGHT:

With a kitchen scissors, mince chives.

In a small bowl, combine yogurt and chives. Set in fridge.

Husk corn and remove kernels (yields 1 cup) with a sharp knife. Set aside.

Whisk together milk and egg yolk. Blend cornmeal and flour then stir into milk until blended. Whisk egg white until frothy and foamy. It helps to use an electric mixer. Fold egg white into batter.

Heat grill pan and lightly coat bottom with oil

Pour batter onto grill, one Tablespoon at a time. Batter should span out to a 2 inch circle.

Cook for 2 minutes and then flip to cook for an additional 1-2 minutes or until cake is golden. Remove from heat and wrap in aluminum foil to keep warm.

The batter should make around 20 corncakes. Top each one with a dollop of chive cream and a small piece of smoked salmon.

### FOR SOUP:

Peel and seed cucumber. Cut into several pieces.

Peel avocado and discard pit.

Peel nectarine and discard seed.

Juice lemon.

Place all ingredients in food processor and blend until creamy and smooth.

Stir in salt and pepper to taste. Chill in fridge until ready to serve.

### PORTION NOTE:

Adults: 2 cups soup, 6 corn cakes

Kids: 1 cup soup, 4 corn cakes



# corn chowder

## Recipe

DINNER NIGHT

Husk the corn and use a paring knife to cut off the kernels into a bowl. Set aside kernels. Put the cobs in a pot with 8 cups water; bring to a boil, cover, and simmer for 10 minutes.

Finely chop onion and dice potatoes into small bite size pieces.  
Heat olive oil in a saucepan on medium-high. Add the onion and potatoes.  
Cook, stirring occasionally, until the onion softens, about 5 minutes;

Remove the corn cobs from the pot and discard. Add potato/onion mix to the liquid.  
Bring to a boil, then simmer on low for 8 minutes, until potatoes are tender.

Finely chop parsley.

Add the corn kernels and milk (or chicken stock) and heat through.  
Salt and pepper to taste, sprinkle with the parsley, and serve with side of fresh  
sugar snap peas.

## ingredients

**corn**  
6 ears

**olive oil**  
1 Tablespoon

**onion**  
1/2 medium

**potatoes**  
2

**milk or  
gf chicken stock**  
1 cup

**parsley**  
1/2 bunch

**salt & pepper**  
to taste

**sugar snap peas**  
washed

# balsamic glazed nectarines

## Recipe

Preheat oven to 375.

Whisk balsamic vinegar, water, and brown sugar in a small pot.

Heat on medium until sugar is dissolved and liquid starts to thicken.

Meanwhile, cut nectarines in half and remove pits. Place center side up onto foil lined baking sheet. Spoon the glaze into the middle of all 8 pieces.

Bake for 20 minutes or until nectarines have softened. Baste as necessary,  
They should still be slightly firm.

Place 2 halves in a bowl and cover with a dollop of nonfat yogurt and  
any remaining glaze. For kids, one half is a good portion.

## ingredients

**nectarines**  
3 (ripe but firm)

**balsamic vinegar  
& water**  
1/2 cup each

**brown sugar**  
1/4 cup

**plain nonfat yogurt**  
1/4 cup (unpacked)