

SUGGESTED PREP

CARROT PURÉE

1 ½ cups gluten free chicken or vegetable stock

½ medium yellow onion, chopped

4 medium carrots, peeled and chopped

¼ teaspoon salt

1/8 teaspoon black pepper

Combine stock, carrots, and onions in a small pot. Bring mixture to boil and cook until carrots are tender. Reduce heat to low and simmer until most of the liquid have evaporated. Season with salt and pepper. Store in an airtight container for use with Meal 2.

BUTTERMILK RANCH

1 clove garlic, minced or pressed

2 chives, finely chopped

½ cup buttermilk

½ cup nonfat, plain Greek yogurt

1 Tablespoon lemon juice

1/3 cup fresh flat leaf parsley, finely chopped

Salt to taste

Combine all ingredients for dressing in a medium bowl. Whisk to until well blended. Chill until ready to use. Store in fridge for up to a week.

MENU:

MONDAY ①

Rib Eye Steaks

Three Vegetable Medley

Quinoa

TUESDAY ②

Pan Seared Fish

Carrot Purée

Sautéed Spinach

WEDNESDAY ③

Summer Bean Soup

GF Toast Points

THURSDAY ④

Texan Salad

GF Croutons

FRIDAY ⑤

GF Zucchini Pasta

Spinach Salad



Gluten Free September 9th

Shopping List

This Week's Menu: 1-Rib-Eye Steaks, 2-Pan Seared Fish, 3-Summer Bean Soup, 4-Texan Salad, 5-Zucchini Pasta

Recipe #	Meat / Seafood	Quantity	Notes	
1, 4	rib eye steaks	2 pounds		16
3	ham steak	4 ounces	ask butcher to cut a thick piece	3
2	fresh fish fillet	1 1/2 pounds	use what is most fresh	18

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 2, 3	carrots	8		2
1, 3, 5	zucchini	5		4
1	green beans	1/4 pound		1
2, 4, 5	lemons	2		1.5
2, 5	spinach	8 cups		5
3, 4, 5	tomatoes	6		4
4	romaine lettuce	1 head		2
4	chives	1 bunch	2 stalks needed	1
4	flat leaf parsley	1 bunch	1/3 cup	1

Recipe #	Dairy	Quantity	Notes	Est Cost
5	ricotta cheese	8 ounces		3
4	buttermilk	8 ounces		2
4	plain Greek yogurt	8 ounces	nonfat suggested	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
4	frozen corn	1 cup		1
3, 4	gluten free bread loaf	6 slices		3
3	kidney beans	1 15-ounce can		1.25
	quinoa	1 1/2 cup	dry	3

Fresh 20 Grocery Est 73.75
 Cost Per Dinner 14.75
 Cost Per Serving 3.6875

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	11 Tablespoons	gf chicken stock (or vegetable)	7 cups
	garlic	2 cloves	organic butter	1 Tablespoon
	onions	1 1/2 yellow; 1/2 red		
	dried oregano	1/2 teaspoon		
	cumin	3/4 teaspoon	gluten free Dijon mustard	1 teaspoon
	sea salt	3 1/2 teaspoons	balsamic vinegar	1.5 teaspoons
	black pepper	1 1/4 teaspoons		
	cayenne pepper	1/4 teaspoon	gluten free pasta (fettuccine)	16 oz
	black beans	1 15-ounce can	cannellini beans	1-15-oz can

RIB EYE STEAK

three vegetable medley and quinoa

DIRECTIONS:

Rib Eye Steak:

Mix cumin, salt, and black pepper in a small bowl. Rub steaks with seasoning mix.

Heat olive oil in a large pan over medium high heat. Once heated, sear steaks on one side for 3-4 minutes. NOTE: The time will be dependent on the thickness of the steaks, with thicker steaks cooking longer.

Flip steaks on to the other side and sear for 2-3 minutes. Remove from pan and tent with a sheet of foil. Set aside and prepare three vegetable medley. Once steaks have cooled, store half of the steaks in an airtight container for use in the Texan Salad.

Three Vegetable Medley:

Heat a tablespoon of olive oil in a pan over medium heat. Sauté carrots for 2 minutes. Add green beans and sauté for 2-3 minutes. Add zucchini and sauté for 1-2 minutes. Season with salt and cayenne pepper.

Quinoa:

Add salt to vegetable stock and bring to boil. Stir in quinoa and cover pot with lid. Cook for 20 minutes then remove from heat. After 5-6 minutes, remove lid and stir in butter. Fluff with a fork. Serve steak with three vegetable medley and quinoa.

INGREDIENTS:

Rib Eye Steak:

- ¾ teaspoon cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 pounds rib eye steak
- 1 ½ Tablespoons olive oil

Three Vegetable Medley:

- 1 Tablespoon olive oil
- 2 medium carrots, peeled and sliced into thin strips
- 2 zucchini, sliced into thin strips
- ¼ pound green beans, trimmed
- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper

Couscous:

- 2 ½ cups gluten free chicken or vegetable stock
- ¼ teaspoon salt
- 1 ½ cup quinoa
- 1 Tablespoon butter

PAN SEARED FISH

carrot purée and sautéed spinach

DIRECTIONS:

Pan Seared Fish:

Combine salt, black pepper, and cayenne pepper in a small bowl. Sprinkle seasoning mix on both sides of each fillet.

Heat a tablespoon of olive oil in a pan over medium heat. Sear fillet on one side for 2 minutes; flip fillets over to the other side and sear for a minute.

Sear fish fillets in two batches, adding oil to the pan in between batches. Top fillets with lemon zest when all the fillets are plated.

Sautéed Spinach:

In another pan, heat a tablespoon of olive oil over medium heat. Sauté garlic for a few seconds before adding spinach to the pan. Sauté spinach for 1-2 minutes, or just until spinach has wilted. Season with salt.

Serve pan seared fish with sautéed spinach and carrot purée.

CARROT PURÉE

Combine chicken stock, carrots, and onions in a small pot. Bring mixture to boil and cook until carrots are tender. Reduce heat to low and simmer until most of the liquid have evaporated. Season with salt and pepper.

INGREDIENTS:

Pan Seared Fish:

½ teaspoon salt

1/8 teaspoon black pepper

1/8 teaspoon cayenne pepper

2 Tablespoons olive oil

1 ½ pounds fresh fish fillet

Sautéed Spinach:

1 Tablespoon olive oil

1 clove garlic, sliced

4 cups spinach

1/8 teaspoon salt

Carrot Purée (make ahead)

1 ½ cups gluten free chicken or vegetable stock

½ medium yellow onion, chopped

4 medium carrots, peeled and chopped

¼ teaspoon salt

1/8 teaspoon black pepper

TEXAN STEAK SALAD

gluten free croutons

This salad is a hearty entrée salad with bold flavors.

AHEAD OF TIME:

Combine all ingredients for dressing in a medium bowl. Whisk to until well blended. Chill until ready to use. Store in fridge for up to a week.

DINNER NIGHT:

Croutons:

Preheat oven to 375°F. Toss diced baguette with olive oil and chopped fresh parsley. Spread on a baking sheet and toast for 12-15 minutes.

Salad:

In a large bowl, toss the romaine, red onions, tomatoes, black beans, and corn with enough dressing to coat. Divide lettuce between four large bowls. Top with rib eye steak strips. Drizzle any remaining dressing over tops of salads and serve.

INGREDIENTS:

Dressing:

1 clove garlic, minced or pressed

2 chives, finely chopped

½ cup buttermilk

½ cup nonfat, plain Greek yogurt

1 Tablespoon lemon juice

1/3 cup fresh flat leaf parsley, finely chopped

Salt to taste

Croutons:

3 slices gluten free bread, cut into 1" cubes

1 Tablespoon olive oil

1 Tablespoon fresh flat leaf parsley, chopped

Salad:

1 head romaine lettuce, washed and cut into bite-size pieces

1/2 medium red onion, diced

2 tomatoes, diced

1 15-ounce can black beans, rinsed and drained

1 cup frozen corn, defrosted (if you still have fresh corn at your market use 2 ears of kernels; cooked)

¾ - 1 pound prepared rib eye steak, sliced into thin strips

DIRECTIONS:

Toast Points:

Preheat oven to 350°F. Brush bread pieces with a half tablespoon of olive oil. Toast for 3-5 minutes, depending on preference for crispy. Set aside.

Soup:

Heat 1 ½ tablespoons of olive oil in a pan over medium heat. Sauté onions for 2-3 minutes. Add carrots and oregano. Sauté for 3 minutes.

Transfer vegetable mixture into a pot. Pour in chicken stock and water. Set soup to boil and add zucchini, tomatoes, and ham. Once soup is boiling, add kidney and cannellini beans. Reduce heat to low and simmer soup for 6-8 minutes, so that the flavors can combine.

Season soup with salt and pepper. Serve soup with toast points.

INGREDIENTS:

Toast Points:

3 slices gluten free bread, cut into small squares

½ Tablespoon olive oil

Soup:

1 ½ Tablespoons olive oil

1 medium onion, diced

2 medium carrots, diced

½ teaspoon dried oregano

3 cups gluten free chicken or vegetable stock

2 cups water

1 zucchini, diced

2 tomatoes, diced

1 4-ounce ham steak, diced

1 15-ounce can kidney beans, drained

1 15-ounce can cannellini beans, drained

½ teaspoon salt

¼ teaspoon black pepper

ZUCCHINI PASTA

spinach salad

DIRECTIONS:

Zucchini Pasta:

Cook fettuccine according to package instructions. Reserve a half-cup of pasta water and drain fettuccine of the rest.

Heat olive oil over medium-high heat. Sauté zucchini ribbons for 2-3 minutes. Season with salt and black pepper. Add fettuccine to the pan and toss with zucchini. Pour in reserved pasta water and ricotta cheese. Stir to coat. Remove zucchini fettuccine to a large bowl and sprinkle lemon zest on top.

Salad:

Whisk dressing ingredients together in a small bowl. In a large bowl, toss spinach, red onions, and tomatoes with dressing. Serve a side of salad with zucchini fettuccine.

INGREDIENTS:

Zucchini Pasta:

16-ounces gluten free fettuccine

1 Tablespoon olive oil

2 zucchini, sliced into ribbons

½ teaspoon salt

¼ teaspoon black pepper

½ cup ricotta cheese (part skim)

½ teaspoon lemon zest

Salad:

1 ½ Tablespoons olive oil

1 ½ teaspoons balsamic vinegar

1 teaspoon gluten free Dijon mustard

½ teaspoon salt

¼ teaspoon black pepper

4 cups spinach

½ red onion, sliced

2 tomatoes, quartered