

PREP AHEAD OF TIME

BREAD CRUMBS

2 slices gluten free bread

Toast until crisp and browned but not burnt. Grind in a blender or food processor until mealy. You'll need ½ cup for recipes. Store the rest in an airtight container for up to a month.

STEAM POTATOES:

3 medium white potatoes, scrubbed and cut into quarters

3 Tablespoons water

1/4 teaspoon salt

1/4 teaspoon pepper

Arrange potato quarters in a 1-quart microwave-safe dish. Add water, and cover with heavy-duty plastic wrap. Microwave at HIGH 8 minutes or until tender. Be careful removing plastic wrap. I can't say this enough but steam is the worst burn. Drain. Sprinkle with salt and pepper. Store in airtight container until ready to use.

MENU:

MONDAY ①

Flank Steak

TUESDAY ②

Halibut Cioppino

WEDNESDAY ③

Macaroni & Cheese

THURSDAY ④

Tacos

FRIDAY ⑤

Ham & Cheese Crepes



December 16th Gluten Free

Shopping List

This Week's Menu: Flank Steak, Cioppino, Mac & Cheese, Tacos, Ham Crepes

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 4	flank steak	2 pounds	2-1/2# okay, used for 2 dinners	18
2	halibut or cod	1 to 1-1/2 pd	SUB: Shrimp or any firm fish	12
3 opt, 5	lean deli ham	1/2 pound	PLUS 1/2 pound optional for mac	7

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2, 4	fresh cilantro	1 bunch	yield: 1 cup leaves	1.5
1, 3	fresh parsley	1 bunch	yield: 1/4 cup + 1 Tablespoon	1
2	fresh basil	1 bunch	yield 2 Tablespoons chopped	1.5
1	white potatoes	3 medium	russet okay	2
3, 4, 5	green leaf lettuce	2 heads		3
5	bell pepper	1 medium	any color	1
3, 4	tomatoes	4 medium		3
1, 5	baby bella mushrooms	12 oz	white button okay	4
4	navel oranges	2 medium		2

Recipe #	Dairy	Quantity	Notes	Est Cost
3, 5	lowfat milk	2-1/2 cups	24 ounces	2
5	Gruyere or Swiss cheese	2 cups	shredded	5
3,4	cheddar cheese	3 cups	12 ounces	4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 3	gluten free bread	1 loaf	bakery fresh	5
2	tomato paste	12 oz	organic	2
2	white wine	1 cup	used in cioppino	2
4	organic corn tortillas	8 small	6" taco size	2
4	black beans	14oz can		1

Fresh 20 Grocery Est 78
 Cost Per Dinner 15.6
 Cost Per Serving 3.9

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	7 Tablespoons	gf chicken stock/broth (or vegetable)	6 cups
	garlic	6 cloves	organic butter unsalted	5 Tablespoons
	onions	3/4 medium	organic eggs	4 large
	dried oregano	1-1/2 teaspoon	tomato paste	incl in list
	cumin	1/2 teaspoon	gluten free Dijon mustard	1 T + 1/2 teas
	sea salt	3-3/4 teaspoon	rice vinegar	2 Tablespoons
	black pepper	1-1/4 teaspoon	pantry dressing	1/4 cup
	cayenne pepper		gluten free macaroni/penne	12 oz
	100% maple syrup or honey	2 teaspoons	arrowroot	1 Tablespoon
		gluten free flour blend	1 1/2 cups	

INSTRUCTIONS:

Rub steak with oregano, salt and black pepper

Heat olive oil in large skillet over medium-high

Lay in steak and brown for 5 minutes each side

Add pressed garlic and pour in stock.

Cover, reduce heat and simmer for 7 minutes for medium and closer to 10 minutes for well done.

Lift out steak and transfer to cutting board. Slice HALF on the bias (against the grain) and place on serving dish. Store other half with pan juice in Ziploc for tacos later in week.

SIDES:

Potatoes

Melt butter in a microwave proof dish. Toss potatoes with butter and heat for 2 minutes. Add parsley, salt and stock. Heat an additional 2 minutes.

Mushrooms

Sauté garlic in olive oil over medium heat. Add liquid from steak pan, mushrooms, black pepper and parsley and cook 3-4 minutes until mushrooms have softened. Serve warm.

SUBSTITUTIONS:

For steak – 2 pounds boneless, skinless chicken breast

INGREDIENTS

2 pounds flank steak (used for 2 dinners)

1 teaspoon dried oregano

1 teaspoon sea salt

½ teaspoon black pepper

1 Tablespoon olive oil

3 cloves garlic, pressed or minced

1-1/2 cups gluten free chicken stock, low sodium

For potatoes:

3 potatoes, peeled, cut and steamed (see prep)

1 Tablespoon unsalted butter

1 Tablespoon fresh parsley, chopped

¼ teaspoon sea salt

½ cup gluten free chicken stock, low sodium

For mushrooms:

1 Tablespoon olive oil

1 clove garlic, minced or pressed

2 Tablespoons liquid from steak pan

8 oz baby Portobello mushrooms (white button okay too), sliced

¼ teaspoon black pepper

HALIBUT “CIOPPINO”

DIRECTIONS:

Over medium-low heat olive oil in a large stockpot; add onions, garlic and cilantro. Cook slowly, stirring occasionally until onions are soft.

Add tomato paste to the pot, mixing well with onions.

Add chicken stock/broth, basil, oregano, salt and wine. Mix well. Cover and simmer 30 minutes.

Stir in the fish. Bring to boil. Lower heat, cover and simmer 5 to 7 minutes.

Remove from heat. Divide into four deep bowls. Serve immediately.

Toast 4 slices of bread for dipping in cioppino. Enjoy!!

SUBSTITUTIONS:

1 pound shrimp or any fish that is firm.

INGREDIENTS:

2 Tablespoons olive oil

1/2 onions, chopped

2 cloves garlic, minced

1/2 cup fresh cilantro, chopped

12 oz organic tomato paste

3 cups (24 oz) gluten free chicken stock/broth

2 Tablespoon fresh basil, minced

1 teaspoon dried oregano

1 teaspoon salt

1 cup white wine

1 to 1-1/2 pounds halibut or cod fillets, cut into 2-3” pieces

4 slices gluten free bread

LOWFAT MACARONI AND CHEESE

green leaf lettuce salad

INSTRUCTIONS

IN PREP/MAKE AHEAD:

- Bread Crumbs

DINNER NIGHT

Preheat oven to 350°F.

Cook pasta in salty water according to package instructions.

Sauté garlic in olive oil over medium-low heat, being careful not to burn garlic. Stir in arrowroot until creamy and cook until golden brown, about 2-3 minutes. Whisk in warm milk & Dijon then bring to low simmer.

Turn heat off and stir in shredded cheddar, returning pan to a low heat if the cheddar does not melt through.

Toss macaroni in cheese sauce. If desired, mix in ham.

Pour macaroni in a greased ovenproof dish.

Combine parsley and breadcrumbs and sprinkle over pasta.

Bake, uncovered, for 20-25 minutes, until the macaroni is set and the breadcrumbs start to brown.

QUICK VERSION: Use ¼ cup additional milk in recipe and cook cheesy macaroni on stovetop for 5 minutes.

For green leaf lettuce salad

Whisk olive oil, vinegar, maples syrup, salt, and black pepper in a small bowl. Toss green leaf lettuce with dressing. Top with tomato wedges.

Serve alongside pasta.

PORTION NOTE:

The trick with macaroni and cheese is to watch portions! If there are only two of you, try measuring out 1-1/2 of macaroni and packing up the rest for leftovers. Fill in dinner with a big salad.

Serving size is ¼ of baked macaroni and assuming low fat ingredients are used: 351 cal, 23 g protein, 36g carbs, 13 g fat (does not include ham)

INGREDIENTS

For macaroni and cheese

12 ounces gf macaroni (Ancient Harvest is a trustworthy brand)

2 Tablespoons olive oil

1 clove garlic, minced or pressed

1 Tablespoon arrowroot

1-1/2 cups warm milk (2%)

½ teaspoon Dijon mustard

2+ cups (8 ounces) shredded cheddar cheese (reduced fat)

½ cup bread crumbs (see prep)

¼ cup fresh parsley leaves, finely chopped

Optional: ½ pound lean natural smoked ham, cut into cubes or strips

For green leaf lettuce salad

2 Tablespoons olive oil

2 teaspoons rice vinegar

2 teaspoons maple syrup or honey

½ teaspoon salt

¼ teaspoon black pepper

1 head green leaf lettuce, chopped

2 tomatoes, cut into eighths

STEAK TACOS

INSTRUCTIONS:

Re-heat steak for 2-3 minutes in skillet.

Cut cooked flank steak into strips or small cubes.

Place all taco topping ingredients in medium serving bowls.

Heat tortillas by placing in bottom of heated skillet and slightly browned. You can roll hot tortillas in towel to keep warm

Heat black beans over low heat in a small stockpot. Slightly mash beans then add cumin and salt. Remove from heat and set aside.

Let everyone create their own tacos using about 1/3 cup meat for each taco. Serve with black beans and orange slices.

SUBSTITUTIONS for beef:

3 cups diced chicken or 3 cups cooked shrimp

INGREDIENTS

1 pound prepared flank steak (about 3 cups)

1 cup cheddar cheese, shredded

1/2 head green leaf lettuce (chopped)

¼ red onion, minced

½ cup fresh cilantro, chopped

2 medium tomatoes, chopped

8 corn tortillas, 6" size (note: review ingredients to make sure the tortillas are freshly prepared with no processed additives)

For black beans:

1 – 14oz can black beans

½ teaspoon ground cumin

½ teaspoon salt

2 navel oranges, peeled and sliced

INSTRUCTIONS:

AHEAD OF TIME

Put the water, milk, eggs and salt into a blender. Add the flour and then the butter. Cover and blend for 1 minute. (make sure to scrape the sides with a rubber spatula) Store in an airtight container for up to 3 days.

DINNER NIGHT

Gently stir batter if ingredients have separated.

Heat 8- to 9-inch nonstick skillet over medium-high heat.

Pour 1/3 cup batter into pan,

Lift pan off burner and tilt slightly to swirl batter and cover bottom.

Once your crepe is formed, let it cook for 1-2 minutes. To flip the crepe, loosen edge with a spatula and, with fingertips on top, slide it toward you until you can grab edge and flip. Sprinkle 1/4 cup cheese and 1 slice of ham onto middle of crepe. Cook until there are some browned spots.

Fold one third of crepe over the middle. Repeat with other side to wrap ingredients inside. Place cooked crepe on plate and cover to keep warm.

Repeat process with remaining batter. Yields 8 crepes.

Serve crepes warm with side salad and a bit of Dijon mustard.

KITCHEN NOTE

The first crepe is usually a disaster because the heat is uncertain. Don't sweat it, the rest will turn out fine! Use of a good nonstick pan will eliminate the need to butter the pan for the crepes.

Toss salad with bell pepper, mushrooms and dressing.

PORTION NOTE:

Kids: 1 crepe, 1 cup salad

Adults: 2 crepes, 2 cups salad

INGREDIENTS:

For crepe batter:

1 cup cold water

1 cup cold milk

4 eggs

1/2 teaspoon salt

1 1/2 cups GLUTEN FREE flour blend
(We used Authentic Foods GF Multi-Grain Blend)

4 Tablespoons melted butter

For filling:

8 slices thick cut lean ham from deli counter

2 cups Gruyere cheese, shredded

1 Tablespoon gluten free Dijon mustard

For side salad:

1 chopped bell pepper

4 cups chopped green leaf lettuce

4 oz baby bella mushrooms, sliced
(white button okay)

1/4 cup gluten free pantry dressing
(www.thefresh20.com/pantrydressings)