

The New Year always comes with a sense of excitement and the desire to make the most of the clean slate. It's a perfect time to get organized in the kitchen and make an effort to sit down with the family for weeknight dinner.

If you want to get a jump on the week:

- ROAST CAULIFLOWER
- MAKE HOPPING JOHN IN A CROCK POT
- SLICE BELL PEPPERS

MENU:

**MONDAY ①**

Grilled Chicken  
Hopping John & Rice

**TUESDAY ②**

Baked Fish w/Peppers  
Parmesan Squash

**WEDNESDAY ③**

Eggplant Pasta  
Arugula Salad

**THURSDAY ④**

Roasted Tomato "Flat Bread"  
w/ Chicken  
Cauliflower Salad

**FRIDAY ⑤**

Roasted Cauliflower Soup  
Kale Chips



Gluten Free January 1st - Happy New Year!

# Shopping List

1 - Hopping John 2 - Baked Fish 3 - Eggplant Pasta 4 - Chicken Tomato Flatbread 5 - Roasted Cauliflower Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 4	organic chicken breasts	2-1/2 pounds	about 4	17
2	red snapper filet	1-1/2 pounds	any fresh fish filet is fine	16

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	celery	2 ribs/stalks		1
1, 2	bell peppers	2 red, 1 green		3
1, 5	kale greens	2 bunches	SUB: Swiss Chard	3
1, 5	lemon	2 medium		1
2	fresh parsley	1 small bunch		1.5
3, 4	fresh basil	1 large bunch		1.5
2	yellow squash	3 medium		2.5
3	Japanese eggplant	1 large	purple variety	2.5
3, 4	grape tomatoes	3 pounds	need 6 cups	7.5
3, 4	arugula salad	6 cups	SUB: european mix lettuce	5
5	shallots	1 large		0.5
4, 5	cauliflower	2 heads		5

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 3, 4	Parmesan cheese (grated)	1-1/2 cups	about 4-5 oz	4
5	mild cheddar cheese	1 cup	look for organic with no additives	3
1, 2	organic butter (unsalted)	5 Tablespoons		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
	black eyed peas	4 cups dry	OR 3 cans	3
	gluten free tortillas	6 large/4 large		2

Fresh 20 Grocery Est      80  
 Cost Per Dinner          16  
 Cost Per Serving          4

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	11 Tablespoons	gluten free chicken stock (or vegetable)	8 cups
	garlic	11 cloves		
	onions	1 red, 1 yellow	brown rice	1 cup
	dried oregano	1/2 teaspoon	gluten free penne pasta	12 ounces
	cumin	1 teaspoon	gluten free Dijon mustard	1.5 teaspoons
	sea salt	7 teaspoons	balsamic vinegar	2 teaspoons
	black pepper	3.5 teaspoons	**NEW grapeseed oil	5 Tablespoons
	cayenne pepper	1/4 teaspoon	white wine vinegar	1 teaspoon

## HOPPING JOHN (black eyed peas) & GRILLED CHICKEN

### INSTRUCTIONS

#### *Grilled Chicken*

1. Heat grape seed oil in a large skillet over medium-high heat.
2. Dry chicken with paper towel and pat with seasonings on both sides.
3. Arrange chicken in pan and sear for 5-6 minutes on each side until no longer pink in the middle.
4. Transfer chicken to a cutting board, setting 2 breasts aside for another dinner. Cut two breasts into ¼" slices.

#### *Hopping John*

5. Melt butter in a medium stock pot over medium-high heat.
6. Sauté onion, garlic, bell pepper and celery until softened, about 5 minutes.
7. Add beans, rice, broth, water, salt and peppers. Stir to combine.
8. Bring to a boil then reduce heat and simmer for 25 minutes or until beans are soft.
9. Stir in kale and lemon juice; cook for an additional 5 minutes.

#### *To serve*

Place 2 cups of hopping john in a bowl. Top with 4-5 chicken slices.

#### CROCK POT VERSION:

Follow steps 1-4 but only sear 2 of the chicken breasts for 3 minutes per side. Sear the other 2 breasts completely and store. Transfer other 2 breasts to crock pot. Add remaining ingredients. Set on low and cook for 3-4 hours until liquid is absorbed and rice and beans are tender.

#### Note:

*\*We are adding grape seed oil to our pantry list in 2012. We will use it to cook at high temperatures instead of olive oil which has been identified as unhealthy at high temperatures. Olive oil is still the best choice for dressing.*

### INGREDIENTS

#### *For chicken*

3 Tablespoons grape seed oil\*

4 large chicken breasts (about 2-1/2 pounds used for 2 meals)

1 teaspoon EACH ground cumin, kosher salt, black pepper; combined in a small bowl for seasoning

#### *For hopping john*

3 Tablespoons butter

1 medium onion, chopped

3 cloves garlic, minced or pressed

1 red bell pepper, chopped

2 celery ribs/stalks, finely chopped

4 cups black eyed peas (soaked for at least 4 hours before cooking)

1 cup brown rice

3 cups gluten free chicken or vegetable broth, low sodium

3 cups warm water

½ teaspoon kosher salt

1 teaspoon black pepper

¼ teaspoon cayenne pepper

1 bunch kale or Swiss chard leaves, stems removed and cut into thin strips

1 medium lemon, juiced

## DIRECTIONS:

### *Baked Fish*

1. Preheat oven to 350 degrees F.
2. Toss peppers and onion with olive oil, salt and pepper to coat.
3. Spread the onion and pepper in a large, oven proof baking dish and bake 10 minutes.
4. Remove from oven and arrange the fillets on top of onions.
5. Combine the melted butter and the parsley and pour over fish. Sprinkle with salt.
6. Return to oven and bake covered for 10 minutes or until fish is firm but flaky. Remove from oven and let rest for 5 minutes.

### *Squash*

1. Toss squash with olive oil and salt.
2. Arrange the squash on a large baking sheet.
3. Bake for 7 minutes, flip over and sprinkle with Parmesan and black pepper. Bake until cheese starts to golden about 5 minutes.

## PORTION SIZE:

5-6 oz fillet, ½ cup peppers/onions, 4 slices squash

## SUBSTITUTIONS:

Chicken tenders for fish  
Zucchini for Squash

## INGREDIENTS:

- 1 green pepper, thinly sliced
- 1 red pepper, thinly sliced
- ¼ red onion, thinly sliced
- 1 Tablespoon olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1-1/2 pounds red snapper fillets or any fresh fish fillet as sub
- 2 Tablespoons butter, melted
- ¼ cup fresh parsley, finely chopped
- ½ teaspoon salt

### For squash:

- 3 medium yellow squash, ends removed and sliced lengthwise into ¼" thick strips
- 1 Tablespoon olive oil
- ½ teaspoon salt
- ½ cup Parmesan, grated
- ¼ teaspoon black pepper

## INSTRUCTIONS

*For eggplant pasta*

1. Cook pasta according to package instructions. Drain fully (do not rinse) and toss with 1 Tablespoon olive oil. Set aside.
2. In a large saucepan, heat remaining 2 Tablespoons olive oil over medium heat.
3. Sauté onion for 2-3 minutes, until onions are softened.
4. Add garlic and sauté until fragrant, about one minute
5. Add diced eggplant to the saucepan and season mixture with salt.
6. Sauté eggplant until cooked down, about 8 minutes.
7. Add cherry tomatoes and basil leaves to saucepan. Sauté for 2-3 minutes.
8. Pour in broth and stir to mix.
9. Reduce heat to low and simmer until the liquid reduces. Check sauce every once in a while to ensure sauce does not burn or stick to the saucepan.

*For side salad*

1. Whisk vinegar and mustard until well incorporated.
2. While whisking, drizzle in olive oil.
3. Season with salt and black pepper.
4. Dress arugula and red onions with vinaigrette.

## To serve

Spoon  $\frac{3}{4}$  cup eggplant *ragù* over 2 cups pasta. Sprinkle with Parmesan cheese with salad on the side.

## INGREDIENTS

*For eggplant pasta*

- 12 ounces gluten free penne
- 3 Tablespoons olive oil
- $\frac{1}{2}$  red onion, chopped
- 2 cloves garlic, minced or pressed
- 1 large eggplant, stem removed & diced
- 1 teaspoon salt
- 3 cups cherry tomatoes, sliced in half
- 6-8 fresh basil leaves, chopped
- $\frac{1}{2}$  cup gluten free chicken or vegetable broth (reduced sodium)
- $\frac{1}{4}$  cup grated Parmesan cheese for finish

*For side salad*

- 2 teaspoons balsamic vinegar
- $\frac{1}{2}$  teaspoon gluten free Dijon mustard
- 2 Tablespoons olive oil
- $\frac{1}{4}$  teaspoon kosher salt
- dash of black pepper
- $\frac{1}{4}$  red onion, thinly sliced
- 4 cups arugula or any European salad mix

## INSTRUCTIONS

### *For roasted tomato flatbread*

1. Preheat oven to 375°F.
2. On a baking sheet, bake tortillas for 1-2 minutes, just until toasted enough to be a sturdy base for the sauce. You may have to toast in batches. Remove from oven and set aside.
3. Heat olive oil over medium heat for 20-30 seconds.
4. Sauté garlic until fragrant but not burned; 1-2 minutes.
5. Add chopped cherry tomatoes and sauté for 2-3 minutes, until the liquid has reduced and the sauce has thickened. During the sauté, season cherry tomatoes with dried oregano and salt.
6. Top the tortilla flatbreads with sautéed cherry tomato sauce, leaving a ½-inch of tortilla uncovered like a crust.
7. Cover with a layer of diced chicken. Sprinkle a generous amount of Parmesan over each "flatbread". Add chopped fresh basil leaves on top. Bake in the oven for 5-6 minutes.

### *For cauliflower salad*

1. Whisk grape seed oil, vinegar, Dijon mustard, salt, and black pepper in a small bowl.
2. Microwave cauliflower and ¼ cup water in a medium covered bowl for 4 minutes. Uncover and set aside to cool for 5 minutes
3. Toss arugula and cauliflower with dressing.

## INGREDIENTS

### *For roasted tomato flatbread*

- 4 large gluten free tortillas
- 2 Tablespoons olive oil
- 4 cloves garlic, minced
- 3 cups cherry tomatoes, chopped
- ½ teaspoon dried oregano
- ¾ teaspoon salt
- 2 cooked chicken breasts, diced
- ¾ cup grated Parmesan cheese
- ½ cup fresh basil leaves, roughly chopped

### *For cauliflower salad*

- 2 Tablespoons grape seed oil
- 2 teaspoons white wine vinegar
- 1 teaspoon gluten free Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 cups arugula lettuce
- ½ head cauliflower, chopped
- ¼ cup water

*This soup is easy, uses minimal ingredients and is a great source of Vitamin C, which everyone needs in the winter months.*

## **DIRECTIONS:**

You can roast cauliflower ahead of time!

Preheat your oven to 400 degrees.

Arrange cauliflower, shallots and garlic on a large baking sheet. Drizzle with olive oil then sprinkle with salt. Roast for 30 minutes, until tender.

For immersion blender:

Transfer to a medium stock pot. Pour in 2 cups of stock and puree until no large pieces are present. Bring to a low simmer on medium heat and add remaining stock. Add black pepper and if necessary, a little extra salt to taste.

For regular blender:

Transfer to blender. Pour in 2 cups of stock and puree until no large pieces are present. When smooth, transfer to a medium stockpot adding remaining 2 cups of stock. Add black pepper and if necessary, a little extra salt to taste.

If desired, stir in cheese right before serving. Divide into small bowls or cups. Serving size is one and a half cups.

## *For kale chips*

Brush kale leaves with olive oil. Sprinkle with salt. Bake at 400 degrees for 7 minutes per side until crispy. Serve with soup.

## **INGREDIENTS:**

1-1/2 heads cauliflower, roughly chopped

1 large shallot, cut into quarters

2 cloves garlic, cut in half

1 Tablespoon olive oil

1 teaspoon sea salt

4-1/2 cups gluten free chicken or vegetable broth (reduce sodium preferred)

½ teaspoon black pepper

1 lemon, juiced

1 cup mild cheddar cheese, shredded

1 bunch kale, washed

1 Tablespoon olive oil

¼ teaspoon salt