GLUTEN FREE FEBRUARY 24th

PREP AHEAD OF TIME

Brown Rice
¾ Tablespoon grape seed oil
¼ medium yellow onion, finely chopped
¼ teaspoon kosher salt
1 cup brown rice
2 cups water

1. Heat grapeseed oil over medium-low heat in a medium stockpot.
2. Sauté onions for 2-3 minutes.
3. Season with salt. Brown the rice, stirring frequently, for 3-4 minutes.
4. Add water and bring to a boil. Reduce heat to a low simmer. Cover and cook for 22-24 minutes.
5. Remove from heat and allow to sit, covered, for an additional five minutes. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

MENU:

MONDAY ①
Chicken Sausage Cassoulet

TUESDAY ②
Shrimp Scampi Linguine
Spinach Salad

WEDNESDAY ③
Lamb Pita
Tangerine Wedges

THURSDAY ④
20 minute Jambalaya

FRIDAY ⑤
Black Bean Soup
Parmesan Pita Crisps
Cucumber Salad

Gluten Free February 24th

Shopping List

This Week:1-Chicken Sausage Cassoulet; 2-Shrimip Scampi; 3-Lamb Pita; 4-Jambalaya; 5-Black Bean Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 4	Italian Chicken Sausage	8 links	make sure they are gluten free	8
2, 4	Peel-and-Eat Shrimp	1 1/2 pounds	substitution: 1 pound cooked diced chicken	12
3	Ground Lamb	1 pound	substitution: ground turkey or beef	8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 3, 4, 5	onion	2 medium	1 yellow, 1 red	2
5	avocado	1		1
1, 5	fresh sage	1 bunch		1.5
1, 2, 3, 4	fresh parsley	1 bunch		1.5
3, 4	bell pepper	4	1 red; 3 of any color	4
3, 5	cucumber	3 medium		3
3	lemon	1		0.5
2	baby spinach	6 cups		4
3	tangerines	6 to 8		2
4	celery	2 ribs		2
1, 2, 4, 5	cherry tomatoes	6 cups		6

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 2, 5	Parmesan cheese	3/4 cup	grated	3
2	organic butter	2 Tablespoons		1.5
3	plain Greek yogurt	1 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	cannellini beans	2 15-oz cans		3
3, 5	gluten free pita or lavash	6 rounds	may sub corn tortillas	4
5	black beans	2 15-oz cans		3

Fresh 20 Grocery Est	71
Cost Per Dinner	14.2
Cost Per Serving	3.55

PANTRY STAPLES

Pantry Essentials	Quantity	Pantry Essentials	Qty
olive oil	9 Tablespoons	dried oregano	2 teaspoons
grapeseed oil	1 3/4 Tablespoons	herbes de provence	
balsamic vinegar		ground cumin	1 teaspoon
white wine vinegar		raw honey	
gluten free chicken or vegetable broth	6 cups	organic tomato paste	
garlic	9 cloves	gluten freeDijon mustard or brown mustard	
kosher salt	3 1/4 teaspoons	gluten free soy sauce or Braggs amino acid	
black pepper	2 1/4 teaspoons	gluten free pasta LINGUINE or SPAGHETTI	12 ounces
crushed red pepper	1 teaspoon	long grain brown rice	1 cup
pantry dressing (gluten free)	1/4 cup		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

CHICKEN SAUSAGE CASSOULET

- ***ONE POT MEAL***
- ***EASY PREP***

DIRECTIONS

1. In a large skillet, heat olive oil over medium heat. Add onions and stir to coat with oil.
2. Add sausage. Cook 10 minutes until sausage is cooked through, stirring onions and turning sausage frequently to avoid burning.
3. Remove sausage only and set aside. Add one portion of garlic, followed by tomatoes, beans, salt, and pepper to onions. Mix well.
4. Add broth. Reduce heat and simmer for 5 minutes.
5. Once sausages have cooled slightly, slice into ¼-inch pieces. Return sausage to pan.
6. In a small bowl, combine sage, remainder of garlic, and Parmesan. Combine half of Parmesan mix with stew.
7. Divide into 4 bowls. Top with remaining Parmesan mix and garnish with fresh parsley. Serve hot.

INGREDIENTS

¼ cup olive oil

½ medium onion, chopped

4 Italian chicken sausages

4 cloves garlic, minced or pressed then divided into two portions

8 ounces cherry tomatoes, diced

2 15-ounce cans cannellini beans or great northern

½ teaspoon kosher salt

½ teaspoon black pepper

2 cups gluten free chicken broth

3 fresh sage leaves, minced

¼ cup grated Parmesan cheese

3 Tablespoons fresh parsley, finely chopped

SHRIMP SCAMPI

spinach salad

Kitchen Tip

The key to great pasta is making sure there is enough salt in the water and that the noodles don't get mushy. Gluten free noodles tend to cook faster than wheat noodles. Al dente translated is "to the tooth," which means the noodles should still have a slight bite to them. I tell my kids if they can split the linguine using just their tongues, then mama overcooked the pasta!

DIRECTIONS

For shrimp scampi

1. Boil salty water for pasta in large stockpot. Add a little oil.
2. Cook pasta according to package instructions. Do not overcook.
3. While pasta is cooking, heat olive oil in large sauté pan over medium heat.
4. Add minced garlic, sauté for 1 minute.
5. Add shrimp and butter. Sauté for 2 minutes.
6. Add chicken broth and let simmer for 2 minutes. Remove from heat.
7. Drain pasta but do not rinse.
8. Add linguine to pan, a small batch at a time.
9. Add black pepper. Gently fold in Parmesan. Sprinkle with fresh parsley. Divide into four bowls and serve.

For salad

1. Toss spinach with dressing.
2. Top spinach with cherry tomatoes.

INGREDIENTS

For shrimp scampi

Kosher salt to taste

Grapeseed oil for pasta water

12 ounces gluten free linguine

2 Tablespoons olive oil

3 cloves garlic, minced

1 pound peel-and-eat shrimp

2 Tablespoons organic butter (unsalted)

2 cups gluten free chicken broth

½ teaspoon black pepper

¼ cup grated Parmesan cheese

1 Tablespoon fresh parsley, chopped

Substitutions

- Cooked diced chicken can replace shrimp.
- Gluten free spaghetti can be used instead of linguine.
- For low-carb version, serve over a bed of steamed broccoli

For salad

6 cups baby spinach, washed and towel dried

¼ cup pantry dressing (www.thefresh20.com/pantrydressings)

1 cup cherry tomatoes, sliced in half

20-MINUTE JAMBALAYA

chicken and shrimp

- ***ONE POT MEAL***
- ***QUICK***

DIRECTIONS

Made Ahead

- Brown Rice

1. In a Dutch oven or heavy bottom stockpot, heat olive oil over medium heat. Sauté onion and garlic for 2 minutes.
2. Mix in sausage links and brown for 3-4 minutes.
3. Add celery, bell peppers, black pepper, salt and crushed red pepper. Stir to combine and cook 3-4 minutes to brown sausage.
4. Pour in broth and add tomatoes. Bring to a simmer, and add shrimp. Simmer for 3 minutes.
5. Add rice and heat through for 1-2 minutes.

To serve, ladle 2 cups into a bowl and garnish with ½ Tablespoon of parsley.

INGREDIENTS

2 Tablespoons olive oil

½ red onion, chopped

2 cloves garlic, minced

4 chicken sausage links (uncooked), cut into quarters

2 ribs/stalks celery, ends trimmed and chopped

3 bell peppers, red, yellow or orange, sliced

½ teaspoon black pepper

1 teaspoon kosher salt

1 teaspoon crushed red pepper

2 cups gluten free chicken or vegetable broth

12 ounces cherry tomatoes (about two cups)

½ pound peeled shrimp

2 cups brown rice, already made

2 Tablespoons fresh parsley, chopped

LAMB PITA

tangerine wedges

- ***MEMBER FAVORITE***

DIRECTIONS

1. In a medium skillet over medium heat, sauté onions until translucent, about 4 minutes. Add salt, cumin, and oregano and mix well.
2. Add ground lamb, browning until pink is gone. If necessary, drain a little fat from the pan or blot with a paper towel.
3. In a blender or food processor, puree cucumber, half the yogurt, and parsley. Squeeze in lemon juice. Transfer to bowl. Mix in remaining yogurt and a dash of salt. Set aside.
4. Cut each pita in half to make two half circles. Gently separate the pita to form an open sandwich shell that is sealed around the circle and open at the cut.
5. Spoon 3 Tablespoons of lamb meat into pita, followed by 2 Tablespoons yogurt sauce. Top with chopped bell pepper. Repeat until you have 8 sandwiches. Arrange on platter for serving. Serve with tangerine wedges.

Portions: Small children will only need 1 pita sandwich and one tangerine; Adults should eat no more than two sandwiches.

INGREDIENTS

½ medium onion, chopped

1 teaspoon + dash kosher salt

½ teaspoon ground cumin

2 teaspoons dried oregano

1 pound ground lamb (or ground turkey or beef)

1 cucumber, peeled

1 cup Greek yogurt, plain, nonfat

One large handful of parsley leaves 1 with stems

½ lemon, juiced

4 gluten free pita rounds

1 red bell pepper, seeded and chopped

Substitutions

- If gluten free pitas are unavailable, substitute corn tortillas. Warm on stovetop before filling.

6-8 tangerines, peeled and taken apart

BLACK BEAN SOUP

parmesan pita crisps & cucumber

- ***EASY PREP***
- ***VEGETARIAN***

DIRECTIONS

Pre-heat oven to 350 degrees F

For black bean soup

1. Combine beans, 1 ½ cups tomatoes, water, cumin, and black pepper in blender or food processor until liquefied. If necessary, add more water to achieve desired consistency.
2. Pour into stockpot and simmer on medium-low heat for 5 minutes.
3. Add sage. Turn heat off. Season with salt, if desired. Divide between bowls. Garnish with remaining chopped tomatoes, red onion and avocado.

Portion: 1 cup kids; 2 cups adults.

For pita crisps

1. Cut pitas in half and brush with olive oil.
2. Sprinkle with Parmesan cheese and black pepper.
3. Bake in oven for 5-10 minutes or until pita is crisp like cracker.

INGREDIENTS

For black bean soup

2 15-ounce cans black beans, rinsed and drained

1 ½ + ½ cups cherry tomatoes, quartered

1 cup water

½ teaspoon cumin

½ teaspoon black pepper

1 teaspoon fresh sage

Optional: kosher salt to taste

¼ red onion, finely chopped

½ avocado, pitted and diced

For pita crisps

2 gluten free pita rounds

1 Tablespoon olive oil

¼ cup grated Parmesan

¼ teaspoon black pepper

Substitutions

- Gluten free bread or corn tortillas can replace pitas.

2 medium cucumbers, peeled and cut into sticks