



How to Use This List:

Read through the recipes and shopping list and decide which recipes you want to make this week. Cross off the ingredients that you don't need using the bracketed numbers at the end of each item as a guide. (The bracketed numbers correspond to the recipes listed above). The items that you will need for the Frugal Foodie substitutions and Serving Suggestions are indicated with a [FF] or [SS].

Now go through your pantry to see which of the remaining items you already have. Cross these items off as well. Use the blank space at the end of the list to add any additional

items that you'll need for breakfasts, lunches and snacks.

Staple the grocery list and the recipes pages together and take the entire package to the store with you in case you need to refer to the recipes for any reason.

When you're shopping be sure to read all of the labels to make sure that you're choosing a brand that is gluten free.

Once you're home, put the menu plan on the refrigerator or bulletin board so that it is easy to find when you're ready to cook each night.

Meat/Dairy

7 lb whole chicken (1)(3)
4 lb bone-in chicken pieces (4)
¾ lb chicken breast (5)
4 boneless chicken breasts (6)
1 c butter or dairy-free butter substitute(1) (SS1) (6)
16 oz grated cheese, optional (2)
Feta cheese, optional (6)
8 oz sour cream, optional (2)
2 large eggs (BP)

Spices

salt, most recipes
black pepper (SS3)(6)
1 tsp rosemary, dried (1)
1 tsp thyme, dried (1)
¾ tsp paprika (SS1)
2 Tbsp McCormick Fajita Seasoning (2)
2 tsp chili powder(3)
1 tsp cumin, ground (3)
½ tsp oregano, dried (3)
Garlic powder (6)

Produce

3 potatoes, Yukon gold (1)
2 med sweet potatoes (1)
3 carrots (1)
4 onions (2)(3)(4)(5)
4 med zucchini (2)(6)
2 med yellow summer squash (2)
4 red bell peppers (2)(5)
1 bunch cilantro (2)(3)
1 stalk celery (3)
1 clove garlic (3)
1 lime (3)
1 head green lettuce (SS3)
2 Roma tomatoes (SS3)
2 avocados (SS3)
1 lemon (SS1)
1 head broccoli (SS1)
½ lb white button mushrooms(6)

2 ears sweet corn (6)

Canned Goods

16 oz salsa (2)
8 oz salsa verde (3)
1 can (7 oz) green chiles (3)
4 c chicken stock (3)(5)
14 oz beef broth (6)
14 oz chicken broth (6)
1 c cola (4)

Dry Goods

2-3 Tbsp olive oil (1)
4 Tbsp canola oil (2)(5)
28 corn tortillas (2)(SS3)
6 c white rice, white (SS3)(4)(SS5)(6)
1 c ketchup (4)
1-2 Tbsp cornstarch (4)
1 1/3 Tbsp GF tamari or soy sauce (5)
1 ¼ c sugar (5)(BP)
2 ½ Tbsp cornstarch (5)
½ c cashews (5)
1 c peanut butter (BP)
½ c chocolate chips

Frozen

Green beans (SS4)
Small corn on the cob (SS4)

1 - Roasted Chicken & Vegetables (4 servings)

This simple comfort meal will yield enough leftover chicken for Chicken Chili Verde later in the week. Cook this on a weekend afternoon when you have time for the chicken to roast.

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| 7 lb. whole chicken | 3 carrots |
| 2 to 3 Tbsp. olive oil | 1/4 c. butter or dairy-free butter substitute |
| salt | 1 tsp. rosemary (dried) |
| 2 medium-sized sweet potatoes | 1 tsp. thyme (dried) |
| 3 Yukon gold potatoes | |

Cooking Directions: Preheat the oven to 400°F. Remove the neck and giblets from the inside of the chicken, and rinse the chicken thoroughly. Pat the bird dry and rub the inside of the bird with salt. Sprinkle more salt on the skin. Place the chicken breast side up in a deep roasting pan and rub olive oil over the breast and legs. Place the chicken in the oven.

Peel and roughly chop the vegetables. Scatter them around the chicken once the bird has been in the oven for 25 minutes. Sprinkle diced bit of the butter and the herbs over the vegetables. Cook the chicken and vegetables for another hour. To test the chicken for doneness, poke the thickest part of the thigh with a fork – the juices from the thigh should be clear. If you have a meat thermometer, the temperature of the thigh should be 170° to 175°F. When it's done, remove the chicken to a platter and let it rest for 10 minutes before carving.

Serving Suggestions: Steamed broccoli topped with a lemon butter sauce. For the sauce, mix 1/4 c. melted butter, 3/4 tsp. salt, 3/4 tsp. paprika, and 1 tbsp. lemon juice.

Frugal Foodie: After your meal, pull the rest of the meat off of the bone and store in the refrigerator for later in the week. There should be 2 – 3 cups left. Freeze the carcass in a large freezer bag; it makes a great base for homemade stock.

2 - Summer Veggie Quesadillas (4 large servings)

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| 1/2 medium onion | 16 oz. grated cheese (opt.) |
| 2 medium zucchini | 16 corn tortillas |
| 2 medium yellow summer squash | cilantro |
| 2 small red bell pepper | sour cream (opt.) |
| 2 Tbsp. canola oil | salsa |
| 2 Tbsp. McCormick Fajita Seasoning | |

Cooking Directions: Dice the veggies into small pieces so that the smaller than normal corn quesadillas will stick together. Heat canola oil in a large skillet over medium heat. Add the veggies and fajita seasoning and sauté until tender. Remove veggies to a bowl so that you can use the skillet to cook the quesadillas.

Turn the skillet down to medium-low. Place one corn tortilla on the skillet; sprinkle it with cheese; spread two heaping spoonfuls (I used one of our soup spoons) of veggies on top of the cheese; sprinkle some more cheese on the veggies; top with another corn tortilla. Let the tortilla cook until you see that the cheese on the bottom of the quesadilla has melted. Then flip the quesadilla and let the other side cook until its cheese has melted too. Remove the quesadilla to a serving plate and repeat for the remaining quesadillas. Top the quesadillas with sour cream, salsa, and cilantro and then enjoy their yummy goodness!

*If your family is casein-free you can omit the cheese and sour cream and serve this as fajitas.

3 - Chicken Chile Verde (4 servings)

This recipe is so full of flavor! And it's quick and easy to make since it uses the leftover roasted chicken from earlier in the week.

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| 2 - 3 cups of shredded chicken | ½ tsp. salt |
| 1 c. onions, chopped | 1 c. salsa verde |
| ¼ c. celery, chopped | 1 bunch cilantro, leaves & stems minced separately |
| 1 Tbsp. garlic, chopped | 2 c. chicken stock (make sure GF) |
| 2 tsp. chili powder | 7 oz. can green chiles |
| 1 tsp. ground cumin | 2 Tbsp. lime juice |
| ½ tsp. dried oregano | |

Cooking Directions: Cook onions, celery, and garlic in a couple of tablespoons of water until tender (5 minutes). Add the spices and cook for an additional minute. Add the salsa verde, cilantro stems, chicken stock and green chiles and simmer for 10 minutes. Finally, add the chicken, ½ c. chopped cilantro leaves, and lime juice. Simmer for another five minutes or so until the chicken is warmed through.

Serving Suggestions: Corn tortillas, rice, and Avocado Salad. For the rice, cook 1 1/3 c. brown or white rice in 2 2/3 c. chicken stock. Cooking time for white rice is 20 minutes, for brown rice 40 minutes. The Avocado salad is sliced avocados and tomatoes served over green lettuce and dressed with lemon juice, lime juice, and salt, and black pepper.

4 - Crockpot Cola Chicken (4 servings)

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| 4 lbs. bone-in chicken pieces | 1 c. cola beverage |
| 1 c. ketchup | 1 - 2 Tbsp. cornstarch |
| 1 large onion, sliced | 1 1/2 c. white rice |

Cooking Directions: Rinse chicken pieces and pat dry with paper towel. Salt and pepper. Place chicken in slow cooker with the onions on top. Add cola and ketchup and cook on low for 6 to 8 hours.

Thirty minutes before serving, heat 3 cups of water to boiling in a large saucepan. Add the rice, cover, and turn heat to low. Cook the rice on low for 20 minutes.

Before serving you may remove the chicken from the bone, if your family prefers. To thicken the sauce for serving, strain out any loose pieces of meat and pour sauce into skillet over medium low heat. Mix a few tablespoons of the sauce with 1 Tbsp of cornstarch, and then add the cornstarch mixture back to the sauce. Stir regularly; the sauce should thicken within 5 minutes or so. Another tablespoon of cornstarch may be added if needed.

Serving Suggestions: Serve with green beans and the small corn on the cob “from your grocer’s freezer”.

5 - Cashew Nut Chicken

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| 3/4 lb chicken breast | 1 1/2 tsp sugar |
| 2 Tbsp canola oil | 2 c chicken broth |
| 1 small onion, cut into wedges | 2 1/2 Tbsp cornstarch |
| 2 bell peppers, cut into strips | 1/2 c cashews |
| 1 1/3 Tbsp GF tamari or soy sauce | |

Cooking Directions: Prep all ingredients first. Slice the chicken breast crosswise into 1/2 inch wide strips. Cut the onion into wedges and the bell peppers into thin strips. Mix the tamari, sugar, broth and cornstarch in a small bowl and set aside.

Heat the oil in a large skillet over medium high heat. Add the chicken and stir-fry until it changes color and is cooked through (about 2 minutes). Set the chicken aside and turn the heat down to medium. Add the peppers and onions and sauté until tender. Add the chicken back into the skillet along with the sauce mixture. Stir regularly until sauce thickens. Sprinkle with cashews prior to serving.

Serving Suggestion: Serve over white or brown rice.

6 - Baked Chicken Breasts over Brown Rice & Zucchini

Corn *This is a great Sunday recipe! Prepare ahead of time and just place in the oven for a fabulous lunch or dinner.*

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| 4 large boneless chicken breasts | 1/2 lb white button mushrooms, sliced (optional) |
| Salt | <i>Zucchini Corn</i> |
| Pepper | kernels from two ears of sweet corn |
| 1 c white rice | (or 1 1/2 c corn kernels, if using canned or frozen) |
| 1 stick of butter or butter sub | 2 med zucchini, cut into half moons |
| 14 oz beef broth | feta cheese (opt.) |
| 14 oz chicken broth | |
| dash of garlic powder | |

Cooking Directions: Melt butter over low heat in a large nonstick skillet; add mushrooms and sauté for two minutes. Add broth, garlic powder and rice. Mix well and spoon into 11 x 7 or 9 x 9 inch baking dish. Top with chicken breasts and sprinkle chicken with salt and pepper. Cover with loosely with aluminum foil and bake at 350 degrees for one hour or until chicken is done.

Zucchini Corn - Saute zucchini and corn in a skillet over medium-low medium heat. Add a little water to the skillet if needed. The corn and zucchini will give off their own water so you won't need much. Season to taste with salt and pepper. Cook for 10-15 minutes or until you can easily stick a fork through the zucchini. Top with feta cheese.

Baking Project: Peanut Butter Chocolate Chip Cookies

(15 - 20 cookies)

Peanut Butter Chocolate Chip cookies are favorite around our house. My husband perfected this recipe and is nearly always willing to make them for me, since they are so easy.

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| 1 egg + 1 egg white | 1 c. sugar |
| 1 c. peanut butter | 1/2 c. chocolate chips |

Cooking Directions: In a large mixing bowl, combine the peanut butter, sugar, and eggs. Stir until the eggs are thoroughly combined with the other ingredients. Stir in the chocolate chips. Refrigerate the cookie dough for 15 minutes. Turn the oven to 350 degrees F to preheat. Scoop the chilled cookie dough into small balls using a spoon. Place the cookie dough balls onto a baking sheet about 2 inches apart from each other. 5. Bake cookies at 350 degrees for around 15 minutes. You

want to take them out once the tops are getting brown. (The cookies may still seem a bit soft at this point, but they will harden as they cool.) Let the cookies cool for 10 - 15 minutes and then serve with a glass of cold (soy) milk!