

# Gluten Free Cooking School Menu Plan

## Dinner Recipes

Dinner 1: Roasted Orange Rosemary Chicken

Dinner 2: Chicken Fajita Quesadillas

Dinner 3: Fruity Pork Tenderloin

Dinner 4: Classic Chili

Dinner 5: Thai Larb

Dinner 6: Sesame Pork Noodles

Dinner 7: Hamburgers with Avocado Sauce

I'm getting hungry just looking at this list of recipes again. We tried all of the recipes this past week and they were really good! Start with the Rosemary Orange Chicken. You'll serve it with sides tonight, and then pull the meat to use in the Chicken Fajita Quesadillas and some of the lunch recipes. The Fruity Pork Tenderloin is a crockpot recipe and we'll use the leftovers in the Sesame Pork Noodles. Classic Chili and Thai Larb are simple one-pot meals, both of which will give you some leftovers. And last, but certainly not least, the Hamburgers with Avocado Sauce. We've had this recipe twice now and I doubled the sauce the second time because I would be perfectly happy to eat it straight out of the bowl. In fact, I was quite happy as I ate it straight out of the bowl =)

Be sure to check out the Facebook community to get ingredients substitutions, answers to any questions about the recipes, and to let me know how you liked the recipes.

### Roast Orange Rosemary Chicken

2 whole chickens  
6 oranges

dried rosemary

*We'll use one of the roasted chicken for tonight's dinner and then pull the rest of the meal to use in fajita quesadillas and chicken salad.*

This recipe is actually a lot of fun to cook (assuming you're not squeamish about handling raw chicken). Start with the oranges. Take 4 of them, pull all the peel off, and then slice the oranges into thin little slices. Lay all of the oranges out on a cookie sheet or a sheet of wax paper, and sprinkle rosemary on the top side of each slice.

Now take your chickens and place them in a large baking dish (one chicken per dish, or both in one is fine either way). Work your fingers in between the skin and the meat on the chicken. (Don't pull the skin off - just work your fingers in there and separate the skin from the meat.) Slide your orange slices, spiced side up, under the chicken skin. Cover every bit of the meat with orange, including the legs.

Quarter the last two oranges, and put them in the cavity of both chickens. Sprinkle with salt and pepper, and then roast at 350 until the chickens are done. (Juices run clear and the legs move easily.)

*Serving Suggestions: A green vegetable and roasted rosemary potatoes. Check the Easy Sides Cookbook for ingredients and instructions.*

## **Chicken Fajita Quesadillas** (serves 4)

2 cups shredded, cooked chicken (from Roasted Orange Rosemary Chicken)  
1 large onion  
2 large bell peppers  
1 tsp oil  
1 cup cheddar cheese, grated (opt)  
16 corn tortillas  
Fajita seasoning, to taste

grated cheddar cheese, optional

### **Make Your Own Fajita Seasoning:**

2 tbsp chili powder  
1 tbsp cumin  
1 tbsp onion powder  
1/2 tbsp garlic powder

Slice peppers and onion into thin strips. Heat a large skillet to medium heat and sauté peppers and onions in oil. When the vegetables are tender, add the shredded chicken and add fajita seasoning to taste. Once the chicken is hot, set the vegetables and chicken aside.

Heat a skillet or griddle to medium-high heat. Place one tortilla on the skillet. Sprinkle 1 Tbsp of cheese on the tortilla and then spread 1/8 of the chicken/veggie mixture on top; sprinkle another tablespoon of cheese; top with a second tortilla. Once the bottom tortilla has browned, flip the quesadilla and cook until the second tortilla has browned. Remove the quesadilla to a plate in a warm oven and repeat for the remaining 7 quesadillas.

If you're dairy free, this recipe works just as well as fajitas and is actually less work =)

*Serving suggestion: Serve with Mexican rice from Easy Sides Cookbook, or with refried beans.*

## **Fruity Pork Tenderloin**

Yield: 8 servings

*We'll let the slow-cooker work its magic on this tenderloin, and then use half of it in the Sesame Pork Noodle recipe.*

### **Fruit Sauce**

1/2 medium lemon, sliced  
1/2 cup dried cranberries  
1/3 cup golden raisins  
1/3 cup apple juice (unsweetened)  
3 tablespoons sherry (or additional apple juice)  
1 teaspoon minced garlic  
1/2 teaspoon ground mustard

### **Tenderloin**

1 boneless pork loin roast (3 pounds)  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/8 to 1/4 teaspoon ground ginger  
1 medium apple, peeled and sliced  
1/2 cup packed fresh parsley sprigs

Combine the sauce ingredients in a small bowl and set to the side. Take your roast and cut it in half. Sprinkle both halves with salt, pepper, and ginger. Put the roast in your slow cooker, and pour the fruit sauce over it. Toss the apple slices and parsley in the pot. Cover and cook on low setting until the meat is done. (At least 8 to 10 hours.) Put the meat on a serving platter, slice and serve.

*Serving Suggestions: A green vegetable and baked sweet potatoes from the Easy Sides Cookbook.*

## Classic Chili

(4 servings + leftovers)

6 ounces hot sausage	1 tablespoon ground cumin
1 large onion, chopped	3 tablespoons tomato paste
1 green bell pepper, chopped	1 teaspoon dried oregano
8 garlic cloves, minced	1/2 teaspoon freshly ground black pepper
1 pound ground beef	<u>1/4 teaspoon salt</u>
<u>1 jalapeño pepper, chopped</u>	2 (28-ounce) cans diced tomatoes, undrained
2 tablespoons chili powder	2 (15-ounce) cans kidney beans, drained
2 tablespoons brown sugar	

Note: If this recipe looks too spicy for you, feel free to omit the jalapeno and use mild sausage instead.

Combine first 6 ingredients (sausage through jalapeno) in large saucepan or Dutch oven. Cook until sausage and ground beef is browned. Add next ingredients (chili powder through salt) and stir well for one minute. Stir in kidney beans and tomatoes, and bring to a boil. Cover and simmer for one hour, stirring occasionally. After one hour, uncover and simmer for another 30 minutes.

*Serving Suggestion: Serve over white rice or with GF tortilla chips.*

## Thai Larb

(4 servings)

1 large onion, diced	1/2 heaping Tbsp Gourmet Garden cilantro
2 cloves garlic, minced	2 Tbsp San-J gluten free tamari
1.5 lbs ground turkey	1/2 Tbsp Thai Kitchen fish sauce
1 heaping Tbsp Gourmet Garden ginger	2 green onions, green portions only (optional)
1/2 heaping Tbsp Gourmet Garden lemongrass	cabbage
1/2 heaping Tbsp Gourmet Garden basil	

Start by browning the ground turkey meat over medium-high to high heat. With this much meat, you'll probably need to work in batches so that the meat browns. If you put too much in the pan, then the meat will just swim in the liquids that the turkey gives off as it cooks. Also, let the turkey sit once you put it into the skillet until the bottom has browned. Then flip it over and start separating it into pieces with your spatula. Add the diced onion and minced garlic. Reduce the heat down to medium or medium-low, so that the garlic doesn't burn.

Once the onions have softened and become at least semi-translucent, add all of the herbs, tamari and fish sauce. Stir well so that the herbs are well distributed. Add the optional green onions, if you like. I use scissors to snip the onions into 1 inch section and stir them in right before serving.

Core and cut a cabbage halves or quarters. Serve the larb and greens together with a large spoon and let everyone serve themselves.

*Serving Suggestion: To stretch this recipe, serve over cooked white rice or add cooked white rice to the meat mixture. You can also make the Asian Coleslaw recipe from the Easy Side Cookbook.*

## Sesame Noodles with Pork

(serves 4 + leftovers)

### Noodles:

16 oz. GF spaghetti noodles  
1 - 1.5 lbs pork tenderloin, cooked and sliced  
1/2 cup cilantro, shredded  
2 carrots, sliced into ribbons  
1/2 cup green onions, chopped  
sesame seeds

### Sauce:

2 Tbsp cooking oil  
4 garlic cloves, chopped  
4 tbsp sesame oil  
4 tbsp balsamic vinegar  
4 tbsp tamari  
2 tbsp honey  
1/4 tsp. Sriracha sauce

In a large skillet, saute your garlic in the oil until the garlic is fragrant (about 1 or two minutes). Remove from the skillet from the heat and add the rest of the sauce ingredients to the garlic and whisk together.

Cook the GF pasta according to the package directions and drain. Add the drained pasta, pork, carrots, and green onions so the sauce. Turn the heat to medium, and toss everything gently to combine. When heated through, transfer to a large bowl. Garnish with cilantro and sesame seeds before serving. This dish can be eaten warm, or you can refrigerate it to serve cold later.

## Hamburgers with Avocado "Mayonnaise"

(makes six 1/4 lb. burgers)

Everyone has a different method of doing gluten free hamburgers. We usually eat the burgers naked, without a bun, but there are some really tasty GF hamburger buns in stores. Serve these burgers with mixed vegetables on the side, or some hot french fries.

### Mayonnaise

2 tbsp white onion, diced  
1 Haas avocado, pitted  
2 tbsp mayonnaise  
2 medium tomatoes, seeded and chopped  
1 tbsp cilantro, chopped

2 tsp lime juice  
1 small garlic clove, finely chopped

### Hamburgers

1 1/2 lbs ground chuck (80/20)  
Salt and pepper

Mash the avocado and mayonnaise together in a bowl. Add in the rest of the ingredients and stir gently. Season well with salt.

Season the meat with salt and pepper to taste. Form into patties, and grill over high heat for 4 to 5 minutes per side. (For juicier burgers, only flip them once.) When the burgers are done (very little to no pink inside) remove them from the grill. Cover with tin foil and let them sit for 5 minutes. Top with the avocado mayonnaise and serve.

*Serving Suggestions: Serve with GF bun and fries if you're going traditional. I usually serve this with Cauli Rice or Brown Broth Rice and a green vegetable from the Easy Sides Cookbook.*

## Lunch Recipes

Grandmother's Chicken Vegetable Soup

Curried Tomato Carrot Soup

Grilled Cheese and Apple Sandwich\*

Poppyseed Chicken Sandwich

Mixed Greens with Goat Cheese, Maple Vinaigrette and Toasted Walnuts

Vegetable Platter with Hummus

The idea with the lunch recipes is to provide you with some new and different options that you can pull from depending on your particular lunch situation. Some of the recipes can be made ahead of time and frozen in single servings. Others will make enough for several days, depending on how many you are servings. Some of the dinner recipes will provide leftovers, so you very likely will not need all of these recipes. So, take a few minutes to check the calendar and see which of these recipes that you'd like to make, and then circle them on the lunch shopping list.

### Grandmother's Chicken Vegetable Soup

1 large onion, diced	works for your allergies)
4 cloves of garlic, minced	3 cooked chicken breasts, shredded (optional)
2 Tbsp. oil	1 28 oz. can of diced tomatoes
2 32. oz cartons of chicken broth	salt and pepper to taste
1 16 oz. bag of frozen sliced okra	1/4 tsp. thyme
2 16 oz. bags of frozen mixed veggies (whatever	1/4 tsp. sage

In a large stockpot, saute the onion and garlic 2 Tbsp of oil. Once the onion is translucent, add the broth and the frozen okra, and bring the pot to a low simmer for approximately 1 hour. After an hour, use the back of a spoon to smash all of the okra pieces against the side of the pot. Add the remaining ingredients and simmer for another hour. This makes a big batch of soup! Freeze individual servings for later. Check the community for tips on thawing.

### Curried Tomato Carrot Soup

(6 - 8 servings)

1 yellow onion, chopped	28 oz. chicken broth
2 Tbsp butter	6 Tbsp. julienned basil leaves (use your Gourmet Garden basil!)
1 1/2 cups chopped carrots	salt and pepper to taste
1 tsp. curry powder	
1 28 oz. can whole tomatoes	

Saute onion in butter in a large pot for 5 minutes. Add carrots and curry powder. Cover and cook 20 minutes. Add tomatoes and broth. Bring to a boil. Reduce heat and simmer 20 minutes. Add 2 Tbsp. basil. Season with salt and pepper. Simmer 1 minute. Puree until smooth. Garnish with remaining basil and refrigerate or serve immediately.

## **Mixed Greens with Goat Cheese, Maple Vinaigrette and Toasted Walnuts**

(6-8 servings)

1/4 c. balsamic vinegar	black pepper to taste
2 Tbsp pure maple syrup	6 - 8 cups mixed salad greens
1 Tbsp. minced onion	9 oz. goat cheese, cut into 12 slices
3/4 c. olive oil	2 c. walnuts, toasted
1/2 tsp. salt, or to taste	chopped fresh green onions

Blend vinegar, syrup, onions, oil, salt and pepper in a food processor. Pour dressing over greens and toss to mix. Arrange salad among individual plates. Place goat cheese on side of greens and sprinkle walnuts and chives over top.

## **Poppyseed Chicken Sandwich**

(8 servings)

### **Chicken Salad**

3 cups diced, cooked chicken breast  
3 green onions, minced  
1/2 cup Poppyseed Dressing  
8 oz pineapple cream cheese

### **Poppyseed Dressing**

1/3 cup cider vinegar  
1/4 cup honey  
1 tbsp mustard  
1 tbsp poppy-seeds  
1/2 tsp salt  
1/3 cup oil (canola, olive, etc)

Whisk all ingredients for the poppyseed dressing together. Mix chicken, green onions, dressing, and cream cheese in a bowl and stir to combine. Serve as a sandwich or place a scoop on top of a bed of romaine lettuce.

## **Grilled Cheese and Apple Sandwiches\***

(makes 4 sandwiches)

8 tsp. honey mustard	1 large Granny Smith Apple
8 slices GF bread	butter or olive oil
8 sharp Cheddar cheese slices OR roasted chicken*	

Spread about 1 tsp. mustard on 1 side of each bread slice. Place 1 cheese slices on each of 4 bread slices; top with apples. Top with remaining cheese and bread, mustard sides down. Coat both sides of sandwiches with butter or live oil. Cook sandwiches in skillet, 4 minutes each side, with a heavy pan on time. (or use a panini press).

\* Use some of the Rosemary Orange chicken if you need a dairy-free option.

### **Vegetables with Hummus**

14 oz. can of chickpeas, drained and rinsed	1/4 tsp. cumin
2 Tbsp tahini	1/4 tsp. salt
2 Tbsp olive oil	black pepper to taste
2 Tbsp lemon juice	sprinkling of paprika
1 large garlic clove, crushed	

Combine all ingredients in a food processor and blend. Serve with raw vegetables, such as carrots, bell pepper, broccoli, cauliflower, cucumbers, jicama, radishes, and green beans. Some children (and adults) who do not enjoy raw vegetables will eat them if they've been lightly steamed.

Note: I totally cheat on this one and buy GF hummus at the store. We like Sabra brand and the Aldi private label brand.

**January Breakfast Recipes:**  
Banana Bread Muffins  
The Best Waffles  
Sausage Biscuits  
Hash browns  
Eggs on Avocado Toast  
Huevos Rancheros  
Old Fashioned Soaked Oatmeal  
Rice Porridge  
Cinnamon Bun Protein Shake  
Half the Rainbow Veggie/Fruit Shake

My goal for the breakfast recipes is to provide you with a variety – of tastes, ingredients, and time to prepare. There's no need to make them all; just choose the ones that are interesting or helpful for you

The first three recipes this month – banana nut muffins, waffles, and biscuits – can all be prepared ahead of time and frozen, so they work for a leisurely weekend brunch and rushed weekday mornings. The last six recipes are generally quick enough for weekday mornings; though that will, of course, depend on your schedule. The oatmeal and rice porridge are two of my kid's favorite breakfasts for these cold mornings. I prefer a shake of some sort or the Eggs on Avocado Toast.

The hash brown recipe is frequently requested too. You can keep it as simple as plain hash browns, or keep all of the topping options on hand so that everyone can customize their own order.

The shopping list for the breakfast is listed by recipe, so that you can quickly grab the items that you need for a particular recipe. Sometimes I just circle the recipes that I'll be making that week and take the whole shopping list with me (along with my dinner shopping list, of course). Other weeks, I just jot down the few items I need onto my dinner shopping list.

Remember to check out our Facebook community for help with ingredient substitutions, quick cooking tutorials and answers to any questions that you may have.



## Mary's GF Flour Mix

(makes 4.5 cups)

210 g (approx. 1.5 cups) brown rice flour  
195 g (approx. 1.5 cups) corn starch or tapioca flour  
110 g (approx. 1 cup) sorghum flour or garfava flour  
55 g (approx. 1/2 cup) masa harina

## Banana Nut Muffins

(24 muffins)

3 c. Mary's GF Flour Mix	8 Tbsp. ground flax seed*
1.5 tsp. salt	8 Tbsp. butter, melted
1/4 tsp. baking soda	4 large eggs, lightly beaten
2 tsp. baking powder	4 very ripe bananas, mashed
1 c. brown sugar	1 c. chopped nuts (optional)

Combine all of the dry ingredients in a large bowl. Combine all of the wet ingredients in a smaller bowl. Add the wet ingredients to the dry ingredients and stir until combined. Spoon the batter into a lined muffin tin and bake at 350 until golden brown, depending on your oven it will be 15 – 20 minutes. Cool muffins completely and then place on a baking sheet in the freezer for 2 hours. After they are frozen you can repackage them into freezer bags. Leave in fridge overnight to thaw and then warm in toaster oven or microwave. Or heat for 15 – 20 seconds in microwave.

## The Best Waffles Ever

(serves 4)

1 3/4 cups Mary's GF Flour Mix	3 large eggs
1 Tbsp. baking powder	16 Tbsp unsalted butter, melted
1 Tbsp. sugar	1 1/2 c. milk (of whatever sort)
1/2 tsp. salt	

Mix first four ingredients together in large mixing bowl. Beat the eggs together until frothy. Add the milk to the eggs and stir again. Slowly pour the melted butter into the egg/milk mixture. Stir constantly to prevent the eggs from cooking. Now add the wet ingredients to the dry ingredients and mix just until all of the flour is wet. You don't have to get all of the lumps out. Pour the batter onto a hot waffle iron. Follow the waffle iron manufacturer's directions for cooking. For ours we use 1/2 c. batter and let the waffles cook for five minutes.

## Sausage Biscuits

(Yield: 16 large biscuits)

6.5 oz (1 1/2 c.) brown rice flour	2 tsp. xanthan gum
10 oz. (2 c.) corn or tapioca starch	4 oz. (8 Tbsp.) butter or shortening
2.5 oz. (1/2 c.) sorghum flour	16 oz. milk (non-dairy is fine, or use water)
4 tsp. baking powder	1 Tbsp. cider vinegar
2 tsp. salt	1 large egg, beaten
1/2 tsp. baking soda	1 lb. sausage

Preheat oven to 350 degrees. In a large mixing bowl combine the flours, baking powder, salt, baking soda, and xanthan gum. Cut the butter or shortening into the flour. Add the milk, water, vinegar and beaten egg to the flour and stir until the dry and liquid ingredients are combined.

Put the dough onto a lightly floured surface and sprinkle with flour. Roll the dough out into a circle that is approximately 3/4" thick. Use a biscuit cutter to cut out the biscuits, being careful not to twist the cutter when you pull it out of the dough. Roll the scraps from the first cutting back into a ball and repeat.

Bake biscuits at 350 degrees for approx 20 minutes. When they are done the tops will be slightly golden and the top of the biscuits will be firm to the touch. While the biscuits are baking, cook the sausage according to package directions.

To freeze, put the unbaked biscuits on a wax covered cookie sheet and place in the freezer for 1 hour. Then put the biscuits into a freezer bag. When you're ready to bake them, put them on a baking sheet in a 350 oven and bake for approximately 40 min.

### **Hash Browns**

4 servings

#### **Hash browns**

4 large baking potatoes, or 8 smaller potatoes

Olive oil

Salt

#### **Topping Options**

cheese

diced ham

sauteed mushrooms

sauteed onions

pickled jalapenos

diced tomatoes

chili

Hash browns are an amazingly luxuriant breakfast food, and are great for a slow Saturday morning. Start by grating 1 servings worth one of the potatoes into a bowl, and then squeeze the shreds out over the sink. (It's easiest to just use your hands for this step.) (You can grate the potatoes in a food processor if you want.)

Put some EVOO in a non-stick frying pan over medium heat, and then sprinkle the potatoes evenly across the pan. You should be able to fit all of your potatoes in the pan. Let the potatoes cook for 2 – 3 minutes, and then slip a spatula under the edge to check for color. When the potatoes are golden brown on the bottom, flip them over in the pan. (Flipping can be an adventure, but don't worry - they'll still be delicious even if you don't get a perfect flip.)

When you have the potatoes flipped, pour some extra olive oil on the sides and in the middle to make sure they don't stick or burn and cook for another 1 – 2 minutes. When they're done, serve on a plate and salt to taste.

### **Eggs on Avocado Toast**

(4 servings)

8 slices GF bread

4 ripe avocados

8 eggs

Salt and Pepper

This recipe is super simple and quite delicious. Start by toasting your GF bread, and then spread the smashed avocado over both slices. Cook two eggs sunny side up, and put one egg on each slice of toast. Salt and pepper to taste. Eat the toast open-face if you wish, or slap both sides together for a proper sandwich.

### **Huevos Rancheros**

(4 servings)

8 eggs	salsa
8 corn tortillas	Salt and pepper
2 cups cooked black beans	

I don't know if it's just me, but I always feel like a cowgirl when I eat this breakfast. It feels like the Old West, and it's also quick and delicious.

Start by heating your black beans. I do this in a small pot; you can use a microwave if you wish. Then pan-fry your tortillas in small amount of oil or butter and then set aside. Then add more butter to your skillet and fry your eggs. I like them over easy, but you can cook them all the way if you like. When the eggs are done, put two tortillas on each plate, top them with eggs and black beans and then pour some salsa on top. Salt and pepper to taste.

### **Old Fashioned Soaked Oatmeal**

(4 servings)

2 c. (200 g) GF old-fashioned rolled oats	4 Tbsp. butter
¼ c. yogurt	honey or maple syrup to taste
4 c. water	½ tsp. salt

The evening before, put the oats, water and yogurt in a medium sized sauce-pan and stir. Allow to soak overnight. The next morning, bring the oats to a boil and then reduce heat to low and cook for 10 to 20 minutes, depending on the consistency that you like. Top with butter and honey or maple syrup. Leftovers can be refrigerated and reheated.

### **Rice Porridge**

(4 servings)

3 c. cooked rice, cold	1 tsp. cinnamon
1 1/2 c. milk (whatever sort you prefer)	4 Tbsp. butter
4 eggs, beaten	honey, maple syrup, or brown sugar

In a medium saucepan, combine rice, milk, beaten eggs, butter and cinnamon. Bring this to a gentle simmer, stirring frequently. Turn the heat down slightly and cook for three minutes. Serve with a drizzle of honey or maple syrup or a drizzle of brown sugar.

### **Cinnamon Bun Protein Shake**

(makes 2 shakes)

2 servings of your favorite vanilla protein powder    2 c. unsweetened non-dairy milk OR water  
2 tsp. ground cinnamon                                      12 – 16 ice cubes

Blend all ingredients together.

### **“Half The Rainbow” Shake**

(makes 1 quart)

6 to 8 leaves Romaine lettuce                                      1 banana  
1 cup red grapes    1 cup water  
1 med orange    1 cup ice

Blend all ingredients together.

## Dinner Shopping List 1/20/15

D1: Roasted Orange Rosemary Chicken	<b>FREEZER</b> 1 lb bags of green beans, green peas, or butter beans (SS)	2-15 oz cans kidney beans (D4) 1 - 2 cans of refried beans (SS) 24 – 48 oz. chicken broth (SS)
D2: Chicken Fajita Quesadillas		
D3: Fruity Pork Tenderloin		
D4: Classic Chili	<b>DAIRY/EGG</b>	<b>DRY GOODS/BAKED</b>
D5: Thai Larb	8 oz. cheddar cheese, opt (D2)	<b>GOODS</b>
D6: Sesame Pork Noodles	2 lb. Butter	corn tortillas (16) ( D1)
D7: Hamburgers with Avocado Sauce	<b>STAPLES</b>	16 oz. GF spaghetti noodles (D6)
	Cooking oil (we prefer coconut oil and olive oil)	Dried cranberries (½ cup) (D3)
<b>MEAT</b>	Onions - 3 lbs. Yellow onions	Golden raisins (1/3 cup) (D3)
2 whole chickens (D1, D2)	Garlic	GF hamburger buns (optional) (D7)
3 lbs. pork loin roast (D3, D6)	Salt	Rice (SS)
6 ounces hot sausage (D4)	Pepper	Tortillas Chips (SS)
2.5 lbs. ground chuck (D4, D7)		
1.5 lbs. ground turkey (D5)	<b>CONDIMENTS</b>	<b>SPICES</b>
<b>PRODUCE</b>	Sherry (3 T) (D3)	Rosemary (D1)
6 oranges (D1)	GF tamari sauce or Bragg's	Cumin (D2, D4)
3 large bell peppers (D2, D4)	Amino acids (need 6 T)(D5, D6)	Onion powder (D2)
1 apple (D3)	Thai Kitchen fish sauce (need 1 t.)(D5)	Garlic powder (D2)
1 bunch fresh parsley (D3)	Sriracha (need 1 t.) (D6)	Ground mustard (D3)
1 lemon (D3)	Balsamic vinegar (need 4T) (D6)	Ground ginger (D3)
1 jalapeno pepper (D4)	Sesame oil (need 4T) (D6)	Brown sugar (opt) (2 T.) (D4)
1 head cabbage (D5)	Honey (D6)	Oregano (D4)
1 bag/bunch green onions (D5, D6)	Mayonnaise (need 2T) (D7)	Chili powder (D4)
2 carrots (D6)		Gourmet Garden Ginger (D5)
2 bunches cilantro (D6, D7)	<b>CANNED GOODS</b>	Gourmet Garden Lemongrass (D5)
1 ripe avocado (D7)	apple juice (need 1/2 cup) (D3)	Gourmet Garden Basil (D5)
2 medium tomatoes (D7)	1 small can tomato paste (D4)	Gourmet Garden Cilantro (D5)
1 lime (D7)	2-28 oz cans diced tomatoes (D4)	Sesame seeds (D6)
5 lb bag Yukon Gold potatoes (SS)		
4 sweet potatoes (SS)		
cauliflower (SS)		

## Lunch Shopping List for 1/20/15 Menu

### Grandmother's Chicken

#### Vegetable Soup

(12 servings)

Onion, 1 large

Garlic, 4 cloves

Oil

Chicken Broth (Two 32. oz cartons)

Frozen Sliced Okra (16 oz. bag)

Frozen Mixed Veggies (2 16 oz. bags)

Chicken breasts, 3 (optional)

Diced Tomatoes (28 oz. can)

Thyme

Sage

### Curried Tomato Carrot Soup

(6 - 8 servings)

Onion, 1 yellow

Butter (2 Tbsp)

Carrots (1 lb. bag)

Curry Powder

Whole Tomatoes (28 oz)

Chicken Broth (28 oz.)

Basil (need 6 Tbsp)

### Mixed Greens with Goat

#### Cheese, Maple Vinaigrette and

#### Toasted Walnuts

(6-8 servings)

Balsamic Vinegar (¼ cup)

Pure Maple Syrup (2 Tbsp)

Onion, 1

Olive Oil (¾ cup)

Mixed Salad Greens (6 - 8 cups)

Goat Cheese (9 oz.)

Walnuts (2 cups)

Green Onions, 1 or 2

### Poppyseed Chicken Sandwich

( 8 servings)

Cooked Chicken Breast (from Rosemary Chicken) (3 c.)

Green Onions (3)

Pineapple Cream Cheese (8 oz.)

Cider Vinegar (1/3 cup)

Honey (¼ cup)

Mustard

Poppyseeds

Oil

GF Bread, 16 slices (opt)

### Grilled Cheese and Apple

#### Sandwiches

(makes 4 sandwiches)

Honey Mustard (8 tsp)

GF Bread, 8 slices

Sharp Cheddar cheese slices (8)

OR roasted chicken

Granny Smith Apple, 1 large

Butter or Olive Oil

### Vegetables with Hummus

Chickpeas (14 oz. can)

Tahini

Olive Oil

Lemon Juice, 2 Tbsp

Garlic Clove, 1 large

Cumin

Paprika

An assortment of vegetables (carrots, celery, bell pepper, jicama, tomatoes, etc)

## Breakfast Shopping List – January 2015

### Mary's GF Flour Mix

brown rice flour  
corn starch or tapioca flour  
sorghum flour or garfava flour  
masa harina

### Banana Nut Muffins

(24 muffins)

Mary's GF Flour Mix (3 c.)  
1.5 tsp. salt  
baking soda  
baking powder  
brown sugar  
ground flax seed  
butter  
eggs, 4  
4 very ripe bananas,

### The Best Waffles Ever

(serves 4 – 5)

Mary's GF Flour Mix (1.75 c)  
baking powder  
sugar  
salt  
eggs, 3  
unsalted butter (8 oz)  
milk (of whatever sort, 1.5c)

### Sausage Biscuits

(Yield: 16 large biscuits)

brown rice flour  
corn or tapioca starch  
sorghum flour  
baking powder

salt  
baking soda  
xanthan gum  
butter or shortening  
milk (of whatever sort, 2 c)  
water  
cider vinegar  
1 large egg,  
Sausage, 1 lb.

### Hash Browns

(4 servings)

4 large baking potatoes, or 8  
smaller potatoes  
Olive oil  
*Topping Options*  
cheddar cheese  
diced ham  
sauteed mushrooms  
sauteed onions  
pickled jalapenos  
tomatoes  
chili

### Eggs on Avocado Toast

(4 servings)

8 slices GF bread  
4 ripe avocados  
8 eggs

### Huevos Rancheros

(4 servings)

8 eggs  
8 corn tortillas

2 cups cooked black beans  
salsa

### Old Fashioned Soaked

#### Oatmeal

(4 servings)

GF old-fashioned rolled oats  
plain yogurt, ¼ c.  
butter  
honey or maple syrup to taste

### Rice Porridge

(4 servings)

rice  
milk (of whatever sort, 1.5c)  
eggs, 4  
cinnamon  
butter (2 oz)  
honey, maple syrup, or brown  
sugar

### Cinnamon Bun Protein

#### Shake

(makes 2 shakes)

vanilla protein powder  
ground cinnamon  
unsweetened non-dairy milk

### Half The Rainbow Shake

(1 quart)

Romaine lettuce, 6 to 8 leaves  
red grapes, 1 cup  
orange, 1 med  
banana