

## Everyday Dinner Solutions - Gluten and Dairy Free Shopping List

**Produce:**

- \_\_ 1 ½ pounds bok choy
- \_\_ 1 head cauliflower
- \_\_ 2 carrots
- \_\_ 1/3 cup celery
- \_\_ Chives (about 1-2 T snipped for optional garnish)
- \_\_ Fresh cilantro (about 3-4 T snipped for garnish)
- \_\_ 1 tablespoon + 8 cloves garlic
- \_\_ 1 tablespoon fresh ginger
- \_\_ 3 medium+ 1 T onions
- \_\_ 2 tablespoons fresh parsley
- \_\_ 1 medium green bell pepper
- \_\_ 1 medium red bell pepper
- \_\_ 1 medium yellow bell pepper
- \_\_ 2 shallots
- \_\_ 4 small to medium sweet potatoes
- \_\_ 1 cup cherry tomatoes
- \_\_ \*\*broccoli for 4 servings for one meal
- \_\_ \*\*salad fixings for 4 for one meal
- \_\_ \*\*Fresh spinach + bag for salad for 4 for one meal

**Meat:**

- \_\_ 1 pound boneless, skinless chicken thighs
- \_\_ 1 pound boneless beef top sirloin or beef flank steak
- \_\_ 4 (4-6 oz each) white fish fillets of choice
- \_\_ 1 pound pork tenderloin
- \_\_ 1 pound ground turkey

**Dairy Substitutes/Eggs/Refrigerated:**

- \_\_ 1 egg (or flax seed substitute)
- \_\_ ¼ cup unsweetened almond milk
- \_\_ ½ cup + GFCF milk substitute as needed

**Condiments:**

- \_\_ 1 teaspoon cider vinegar
- \_\_ ½ cup GF fruit juice sweetened ketchup
- \_\_ ¾ cup GFCF mayo
- \_\_ 2 teaspoons GF yellow mustard

**Misc./Other:**

If you would like to make **Southwestern Sloppy Joes**, you will also need: 1/3 cup frozen corn, 1/3 cup canned black beans, 1 (4.5 oz.) can diced green chilies, and 1 teaspoon ground cumin.

**\*\*only purchase if using extra serving suggestion.**

- \_\_ about 1 cup olive oil
- \_\_ 12 large pimento stuffed green olives
- \_\_ 1 ½ teaspoons sesame oil \*\*and 1-2 t for drizzle on broc.
- \_\_ 3 tablespoons GF soy sauce

**Canned Goods:**

- \_\_ ¼ cup apple cider
- \_\_ 1 cup apple juice
- \_\_ 1 ½ cup chicken broth
- \_\_ 1 teaspoon lemon juice (or cider vinegar)
- \_\_ 1 tablespoon maple syrup

**Dry Goods:**

- \_\_ Sliced almonds (about 3-4 T for garnish)
- \_\_ ¼ cup dried apricots
- \_\_ 2 teaspoons baking powder
- \_\_ 2 tablespoon brown sugar
- \_\_ 1 tablespoon + 1/3 cup cornstarch (or 1/3 c potato starch)
- \_\_ ½ cup brown or white rice flour
- \_\_ 2/3 cup tapioca flour
- \_\_ 1 cup quinoa
- \_\_ 1 cup dry jasmine rice
- \_\_ 2 teaspoons xanthan gum
- \_\_ \*\*sesame seeds (about 1 T for side dish garnish)

**Seasonings/pantry:**

- \_\_ 1 ½ + ground black pepper
- \_\_ ¼ teaspoon celery seed
- \_\_ ¼ teaspoon chili pepper flakes
- \_\_ 1 teaspoon chili powder
- \_\_ 1 teaspoon ground cinnamon
- \_\_ 2 teaspoon ground coriander
- \_\_ 1 teaspoon ground cumin
- \_\_ ½ teaspoon dried oregano
- \_\_ 1 ¼ teaspoon paprika
- \_\_ 1 teaspoon ground or crushed rosemary
- \_\_ 3 ½ +teaspoon salt
- \_\_ ¼ teaspoon dried thyme

If making **Pumpkin Cookies**, you will also need: 2 ½ cup bean flour blend, 1 tsp xanthan gum, 1 teaspoon baking soda, 1 teaspoon baking powder, 1 teaspoon cinnamon, ½ teaspoon nutmeg, 1 /2 teaspoon salt, 1/12 cups sugar, ½ cup GFCF margarine (such as Earth Balance Buttery Spread), 1 egg, 1 cup canned pumpkin, 1 teaspoon vanilla and ½ cup raisins or chocolate chips (optional).

## **Moroccan Chicken Tagine**

Makes 4 servings

2 tablespoons olive oil

1 pound boneless, skinless chicken thighs, cut into 1" chunks

1 teaspoon **each** ground cinnamon, ground coriander, ground cumin, paprika, salt, and black pepper

1 medium onion, halved and thinly sliced (about  $\frac{3}{4}$  cup)

1 tablespoon fresh ginger, minced

1 tablespoon garlic, minced

1 cup cherry tomatoes, halved

12 large pimento stuffed green olives, sliced

$\frac{1}{2}$  cup chicken broth

fresh cilantro, snipped for garnish

In a large resealable plastic bag mix all of the seasonings. Add the chicken to the bag, seal and toss chicken in the spices until well coated. Heat two tablespoons olive oil in a large skillet over medium-high heat, add seasoned chicken and sauté until browned on all sides, about 5 minutes.

Add onion, cook 2 minutes, then stir in ginger and garlic and sauté for 1 minute more. Add tomatoes, olives and broth, simmer about 5 minutes to blend flavors.

Serve with salad and apricot quinoa pilaf.

## **Apricot Quinoa Pilaf**

1 cup apple juice

1 cup chicken broth

1 tablespoon olive oil

$\frac{1}{4}$  cup dried apricots, coarsely chopped

1 cup quinoa, rinsed

toasted sliced almonds for garnish

Bring apple juice, broth, oil and apricots to a boil in a saucepan. Stir in quinoa, simmer 12-15 minutes, cover and remove from heat. Let stand 5 minutes, then fluff with a fork. Garnish with almonds.

\*\*Serve quinoa pilaf and tagine on a handful of fresh spinach leaves to complete your meal.

**Pepper Steak** - You can replace the steak with portabella mushrooms, if you wish. Cut the caps into thick slices and brush both sides with olive oil. Sear portabella slices as you would the beef.

Makes 4 servings

1 pound boneless beef top sirloin or beef flank steak  
3 tablespoons gluten free reduced-sodium soy sauce  
1 tablespoon cornstarch  
1 tablespoon brown sugar  
1-1/2 teaspoons sesame oil  
¼ teaspoon red pepper flakes  
3 tablespoons olive oil, divided  
1 medium green bell pepper, cut into strips  
1 medium red bell pepper, cut into strips  
1 medium yellow bell pepper, cut into strips  
1 medium onion, cut in half and sliced  
2 cloves garlic, minced

Cut beef in half lengthwise, then crosswise into 1/4-inch-thick slices. Combine soy sauce, cornstarch, brown sugar, sesame oil and red pepper flakes in medium bowl; stir until smooth. Add beef and toss to coat; set aside.

Heat skillet over med-high heat about 1 minute or until hot. Drizzle 1 tablespoon vegetable oil into skillet and heat 30 seconds. Add bell pepper strips; stir-fry until crisp-tender. Remove to large bowl. Add 1 tablespoon vegetable oil and heat 30 seconds. Add half of beef mixture to wok; stir-fry until well browned. Remove beef to bowl with bell peppers. Repeat with remaining 1 tablespoon vegetable oil and beef mixture. Reduce heat to medium.

Add onion; stir-fry about 3 minutes or until softened. Add garlic; stir-fry 30 seconds. Return bell peppers, beef and any accumulated juices to wok; cook until heated through.

Serve over hot jasmine rice. \*\*Add a side of steamed broccoli drizzled with a bit of sesame oil and sprinkled with toasted sesame seeds, if you would like.

**Jasmine Rice:** The trick to cooking jasmine rice well is using minimal water, so that the rice is steamed, rather than boiled. Thai cooks actually wrap bundles of rinsed rice grains in muslin and suspend them in a steamer so that the rice cooking by steaming, and never touches the water at all. Whether you are steaming jasmine rice or boiling it, it still needs to be rinsed before cooking. If boiling, the rice and water are added to the pot together: most cooks recommend one and one half cups water to one cup jasmine rice. The lid is placed on the pot while the rice is raised to a boil, and then the temperature is turned down to a simmer until it is cooked all the way through. If the rice was pre-soaked, this will take approximately 10 minutes: if not, the rice will take around 20 minutes to finish cooking, after which it should be gently fluffed with a fork and covered to rest for another five minutes before serving.

**Sloppy Joes - Makes 4 servings**

1 tablespoon olive oil  
1 medium onion, minced  
2 carrots, finely minced  
1 pound ground turkey  
½ cup gluten free ketchup, fruit juice sweetened preferred  
1 tablespoon brown sugar  
2 teaspoons gluten free yellow mustard  
pinch of salt, optional  
pinch of ground pepper

Heat oil in skillet over medium to medium-high heat. Sauté onion and carrots until onion is translucent, then add ground turkey. Using a heat safe spatula, break up meat in skillet until turkey is completely cooked about 5 more minutes. Add rest of the ingredients and simmer for 5 minutes until flavors are all combined and vegetables are softened.

Variation: Southwestern Style Sloppy Joes:

Add 1/3 cup frozen corn (thawed), 1/3 cup drained and rinsed black beans, 1 can (4.5 oz) drained diced green chilies and 1 teaspoon ground cumin with sauce ingredients.

Serve on split Noah's Rolls (toasting optional) with salad and Gluten and Dairy Free Ranch Dressing

**GF/CF Ranch-style Dressing and Dip**

¾ cup gf/cf mayo  
1/3 cup minced celery with leaves  
2 Tablespoons chopped fresh parsley (or 2 t dried)  
1 Tablespoon minced onion  
1 teaspoon lemon juice or cider vinegar  
1 clove minced or pressed garlic  
1/4 teaspoon dried thyme  
1/4 teaspoon celery seed  
1/8 teaspoon salt (optional)  
1/8 teaspoon freshly ground black pepper  
GF/CF milk substitute—the amount will depend on if you are making dip or dressing.

Combine all ingredients except the milk substitute. You can make thinner or thicker by varying the amount of “milk” you add. Allow to chill and let the flavors combine.

**Noah's Rolls** - author unknown (if anyone knows, please let me know!)

Ingredients:

1/2 cup brown or white rice flour  
2/3 cup tapioca flour  
1/3 cup potato or corn starch  
2 tsp xanthan gum  
2 tsp baking powder  
1/2 tsp salt  
1 egg  
1/3 cup oil  
1/2 cup CF milk  
1/3 cup sparkling water

Preheat oven to 400 degrees.

Mix dry ingredients and wet ingredients separately except for the sparkling water. Combine dry and wet in a heavy duty mixer or bowl with a spoon. When batter is well combined, add the sparkling water. Mix until just combined. The texture of the batter should be rather thick.

Divide batter into six round mounds. You can also form your own buns or rolls using a plastic spatula. I also put the batter in a large ziplock bag, cut a corner opening and squeeze out the batter to form hot dog buns or bagels. Make sure not to form the bread too high, because it will rise quite a bit on its own. You may smooth the batter with wet hands at this point. (Angela's note: you will want to smooth the dough with wet hands so you can have a nice smooth bun. The dough does not smooth out during the baking process.)

Bake for 20-25 minutes until the bread is a golden brown.

Angela's note: To do egg-free: Replace egg with 1 T ground flax (I used golden flax) and 3 T water cooked together. Wisk over medium heat until thickened and gooey egg-like consistency.

## **Roasted Fish and Spicy Sweet Potato Fries**

- 4 small to medium sweet potatoes
- 3 tablespoons olive oil, divided
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 1 teaspoon ground or crushed rosemary
- ½ teaspoon dried oregano
- ½ teaspoon ground black pepper

4 white fish fillets (4-6 oz. each) of choice

Preheat oven to 425 degrees F. Peel sweet potatoes and cut into strips about 3 inches long and ¾ inches thick.

In a small bowl, mix together herbs and spices.

On a rimmed baking sheet, toss together cut sweet potatoes, 2 tablespoons olive oil, and herb mixture.

Spread out sweet potatoes in single layer. Roast 20 minutes, turning every ten minutes. After 20 minutes, rub 1 tablespoon olive oil on the fish fillets, season with salt and pepper. Move sweet potatoes around making room for the fish at one end of pan. Cook for 15-20 more minutes until fish is cooked and sweet potatoes are tender and lightly browned.

## **Bok Choy with Shallots and Garlic**

- 2 teaspoons olive oil
- 2 shallots, minced
- 1 garlic clove, minced
- 1 ½ pounds bok choy, rinsed and cut ½" slices
- fresh ground pepper, to taste

In a large skillet, heat oil over medium-high heat. Add shallots and garlic and stir-fry until shallots become translucent. Add bok choy and stir-fry about 8-10 minutes until tender. Add pepper to taste.

## **Maple-Chili Glazed Pork Medallions**

Makes 4 servings

- 1 teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon paprika
- 1 pound pork tenderloin, trimmed and cut crosswise into 1" thick medallions
- 2 teaspoons olive oil
- ¼ cup apple cider
- 1 tablespoon maple syrup
- 1 teaspoon cider vinegar

Mix chili powder, salt and black pepper in a small bowl. Sprinkle over both sides of pork. Heat oil in a large skillet over medium-high heat. Add the pork and cook until golden, 1 to 2 minutes per side. Add cider, syrup and vinegar to the pan. Bring to a boil, scraping up any browned bits. Reduce the heat to medium and cook, turning the pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze.

## **Cauliflower Puree**

Makes 4 servings

- 8 cups bite-size cauliflower florets (about 1 head)
- 4 cloves garlic
- ¼ cup unsweetened almond milk
- 4 teaspoons extra-virgin olive oil, divided
- ½ teaspoon salt, or to taste
- Freshly ground pepper to taste
- Snipped fresh chives for garnish, optional

Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes.

Place the cooked cauliflower and garlic in a food processor. Add almond milk, 2 teaspoons oil, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining 2 teaspoons oil and garnish with chives, if desired. Serve hot.

Serve pork medallions and cauliflower puree with a spinach salad.

## **Pumpkin Cookies**

2 1/2 cup bean flour blend (see below or use a purchased premixed one)  
1 tsp xanthan gum  
1 tsp baking soda  
1 tsp baking powder  
1 tsp cinnamon  
1/2 tsp nutmeg  
1/2 tsp salt  
1 1/2 cups sugar  
1/2 cup GFCF margarine (such as Earth Balance Buttery Spread)  
1 egg  
1 cup canned pumpkin  
1 tsp vanilla  
1/2 cup raisins or chocolate chips (optional)

Preheat oven to 350 F. Combine gluten-free flour mix, xanthan gum, baking soda, baking powder, cinnamon, nutmeg and salt in a medium bowl.

In a mixing bowl, beat margarine and sugar until light and fluffy. Beat in egg, pumpkin, and vanilla. Add in dry ingredients. Stir in raisins or chocolate chips.

Drop by tablespoons onto an oil sprayed baking sheet or Silpat. Bake 15 to 18 minutes.

Makes 36 cookies.

## **Bean Flour Blend from the Gluten-free Gourmet, Bette Hagman**

Mix ahead and use in recipes calling for Bean Flour Blend:

3 cups Garfava Bean Flour  
1 cup Sorghum Flour  
4 cups Tapioca Flour  
4 cups Cornstarch