



# BUDGET BITES

A budget-minded meal plan

*6 dinners for 2 adults **plus cookies!** Menu on back page.*

**GLUTEN FREE** SPRING 2019 VOL. 5



# DAY 1

## Mushroom Chicken, Hoagie Rolls, Green Beans & Green Salad



### Mushroom Chicken

4 chicken thighs

2 green onions, sliced

4 mushrooms, quartered

Water

Sea salt & pepper to taste

Preheat oven to 350°F. Place chicken in an 8"x 8" square casserole. Sprinkle with salt & pepper to taste. Distribute green onions and mushrooms around chicken. Add water to about ½" depth. Cover and bake for 40 minutes or until chicken is done. Save chicken drippings, 2 thighs and all bones for making broth on Day 4.

Cut 1 *New Cascadia Hoagie Roll* in half, lengthwise, and heat in oven or microwave. Serve immediately, with butter.

Cut ends off green beans and steam in a small amount of water with ¼ tsp salt for 10 minutes or to desired finish.

Before making green salad, set aside 2 lettuce leaves for *Hoagie Sandwiches* on Day 6. Make salad with remaining head of lettuce, 1 carrot, 1 stick celery, ½ red bell pepper and ½ cucumber. Set aside ½ for Day 2.

# DAY 2

## Pizza and Green Salad



### Pizza

1 cup water

½ cup butter

¼ tsp sea salt

1 cup *Bob's Red Mill 1-to-1 Flour Mix*

4 eggs

½# mozzarella cheese, shredded

½ cup spaghetti sauce

½ tsp Italian seasoning

1 pkg pepperoni

½ cup black olives, sliced

2 mushrooms, sliced

1 medium roasted red pepper, diced

1 cup spinach leaves

Preheat oven to 400°F. Heat water, butter and salt in a pan over medium heat until butter melts and mixture boils. Remove from heat. Stir in salt and flour all at once, with a wooden spoon. Add eggs one at a time, mixing well after each addition. Cool slightly in pan. Cover a cookie sheet or pizza stone with parchment paper. Spread dough evenly over paper in a large circle, about ½" thick. Bake for 30-35 minutes. Remove crust from oven. Place paper towels on a plate, lay pepperoni in a single layer, cover with a second paper towel and microwave 1 minute, to release fat. Spread sauce over crust and sprinkle with Italian seasoning. Distribute cheese evenly and spread toppings over cheese. Bake 15-20 minutes or until cheese is melted and toppings are hot. Serve with green salad.

# DAY 3

## Potato Crust Quiche, Roasted Veggies & Cucumber Spears



### Potato Crust Quiche

12 oz bacon  
1 lb russet potatoes, thinly sliced  
3 Tbsp olive oil, divided  
 $\frac{3}{4}$  tsp salt, divided  
 $\frac{1}{4}$  tsp pepper, divided  
2 Tbsp grated Parmesan cheese

5 eggs  
1 cup milk  
1 cup fresh spinach leaves  
 $\frac{1}{2}$  cup fresh parsley, minced  
2 green onions, sliced  
 $\frac{1}{2}$  cup shredded mozzarella, divided  
 $\frac{1}{2}$  tsp garlic powder

Fry bacon, drain and cut into  $\frac{3}{4}$ " pieces. Refrigerate half for Day 5. Rinse sliced potatoes; drain well. Heat 2 Tbsp olive oil (or bacon drippings) in skillet and add a single layer of potato slices. Cook until light brown, turn over and brown second side. Repeat with remaining potatoes, adding more oil as needed. Set aside. Preheat oven to 350°F. Oil a 9" pie pan. Arrange potato slices in pie pan, overlapping slices to form a solid bottom. Place overlapping slices around side of pie pan, to form a crust. Sprinkle crust with  $\frac{1}{4}$  tsp salt,  $\frac{1}{8}$  tsp pepper and Parmesan. In a medium bowl, whisk together eggs, milk, spinach, parsley, green onions, bacon, mozzarella, remaining  $\frac{1}{2}$  tsp salt, remaining  $\frac{1}{8}$  teaspoon of pepper, and garlic powder. Slowly pour the egg mixture over the potatoes. Bake 30-45 minutes, or until eggs are set.





## Roasted Veggies

- 1 stalk broccoli
- 1 head cauliflower
- 3 Tbsp olive oil
- Salt & pepper to taste
- 1 ½ tsp dill weed

Preheat oven to 400°F. Cut 1-2" off the end of the broccoli stalk and peel the tougher outer membrane away from the stem. Cut the flowerets off the broccoli and slice the stem, lengthwise into ½" – ¾" slices. Cut flowerets off the cauliflower (refrigerate the heart of the cauliflower for use in making chicken broth on Day 4). Place broccoli and cauliflower in a large mixing bowl and sprinkle with olive oil, salt & pepper and dill weed. Toss to evenly coat vegetables. Place vegetables on a baking sheet and roast for 15-20 minutes, to your desired finish. Set ½ aside for Day 6.

Peel 1 cucumber, cut into spears and serve as a side.



# DAY 4

Chicken Wild Rice Soup, Quinoa Crackers, Red Bell Pepper, and Cornichon Pickles



## Chicken Wild Rice Soup

Chicken drippings and bones from Day 1

4 cups water

Cauliflower heart from Day 3

½ onion, diced

2 cooked chicken thighs, shredded

¼ tsp celery seed

½ cup wild rice

1 – 15 oz can Great Northern beans

1 medium roasted red pepper, diced

1 carrot, peeled and sliced

Salt & pepper to taste

½ cup fresh parsley, minced

Place chicken drippings, bones, cauliflower heart, onion and water in a soup pot, cover and bring to a boil. Reduce heat and cook over medium-low heat for 30 minutes. Strain broth and return to pan. Add remaining ingredients, cover, bring to a boil, reduce heat and cook for 30-40 minutes. Serve with crackers, ½ red bell pepper, sliced, and 4 pickles.

The *Quinoa Crackers* recipe includes cooked quinoa. Cooking instructions: Rinse ½ cup quinoa under running water to remove bitterness. Place in a saucepan with 1 cup water. Cover and bring to a boil. Reduce heat and simmer 10-15 minutes, or until water is absorbed.



## Quinoa Crackers

From [nourishingmeals.com](http://nourishingmeals.com)

1 cup brown rice flour

½ cup sorghum flour

¾ tsp sea salt, divided

2 Tbsp arrowroot

½ tsp baking soda

¾ cup cooked quinoa

6 Tbsp olive oil

½ cup water (add more if needed to cause dough to form a ball)

Flax seeds, poppy seeds, and chia seeds, for topping, divided

Heat oven to 375°F. Place flours, ½ tsp salt, arrowroot and baking soda in a food processor and pulse 3-4 times. Add quinoa and olive oil and process until mixed. With machine running, add water, very slowly, until mixture forms a ball. Divide dough into 3 sections. Tear off three 12-14" squares of parchment paper. Place 1 ball of dough in the middle of a sheet of parchment; place another over the top. Roll dough out until it nearly reaches all 4 edges of the paper. Carefully remove top sheet of parchment and cut dough into 1 ½ - 2" squares, with a pizza cutter; sprinkle seeds and salt over the top. Replace paper and lightly press seeds into dough. Remove top parchment. Slide dough-covered parchment onto a cookie sheet. Repeat process with remaining 2 balls of dough. Bake 25-30 minutes or until crackers are crispy. Slide parchment, with crackers, onto a cooling rack. Store in an airtight container.

# DAY 5

## Zoodle Spaghetti, Garlic Toast, Roasted Veggies and Spinach Salad

### Zoodle Spaghetti

3 Tbsp olive oil, divided

½ onion, chopped

2 sticks celery, sliced

Spaghetti sauce (rest of jar from Day 2)

¼ cup parsley, chopped

2 mushrooms, sliced

½ tsp Italian seasoning

2 medium zucchini

2-3 cloves garlic, minced

Salt & pepper to taste

Grated Parmesan cheese to taste

Heat 1 Tbsp olive oil in a skillet. Sauté onion and celery in oil until onion is translucent. Add spaghetti sauce, parsley, mushrooms and Italian seasoning. Simmer for 30 minutes. Cut zucchini, lengthwise, into ¼" strips (or use a spiralizer.) In a separate skillet heat 2 Tbsp olive oil and add zucchini, garlic, salt & pepper. Cook over med high heat for 5 minutes, stirring as needed. Serve with spaghetti sauce and Parmesan cheese. Heat Roasted Veggies from Day 2 in a skillet or microwave to serve as a side.







## Spinach Salad

¼ cup mayonnaise

1 Tbsp sugar

1 Tbsp white wine vinegar

½ bunch spinach

6 oz bacon, cooked (from Day 3)

1 pt strawberries, halved

Whisk together mayo, sugar & vinegar.  
Serve with spinach, bacon & strawberries.

Make garlic toast by cutting 1 *New Cascadia Hoagie Roll* in half, lengthwise.  
Butter and sprinkle with garlic salt. Broil until lightly browned.

# DAY 6

Hoagie Sandwiches, Apples,  
Tortilla Chips & Salsa

## Hoagie Sandwiches

Make two sandwiches with *New Cascadia Hoagie Rolls* and your choice of sandwich filler. Suggested sandwich fillings: mayonnaise, mustard, ham, cheese, lettuce, shredded carrot, and cucumber slices. Serve with apples, tortilla chips and salsa.



# Donna's Kitchen

## HEALTHY COOKING



### **Shopping Gluten Free at First Alternative Co-op**

So many delicious gluten free options are available at First Alternative. Keep in mind that if you are celiac, you will want to purchase packaged foods with a Certified Gluten-Free logo on them as items from our deli or bulk areas are not suitable for celiac or other highly sensitive persons.

### **Donna's favorite gluten free foods for your consideration:**

*New Cascadia – everything!*

*Bob's Red Mill GF products*

*Udi's pizza crust and buns*

*Siete tortillas*

*Otto's cassava flour*

*Simple Mills mixes, crackers*

*Blue Diamond Artisan crackers*

*Explore Cuisine pastas*

*Nourishing Kitchens grain free granola*

### **Beware of unexpected gluten presence in these foods:**

Soy sauce

Salad dressings

Licorice

Energy bars

Canned soups

Vegetarian faux meats

Oats can be cross-contaminated

# Gluten Free Cookies

## **Gluten-free doesn't have to mean cookie-free!**

These tasty little indulgences are made without wheat, without cane sugar, and are packed with nutritious almonds.

### **Almond Cookies**

from Dr. Virginia Shapiro

1 ½ cups raw, organic almonds

¼ tsp sea salt

½ tsp baking powder

¼ cup maple syrup

Process almonds in a food processor until well ground and creamy. Add salt, baking powder and maple syrup. Process until a ball of dough forms in the processor. Form dough into 1" balls, place on a parchment-covered baking sheet and flatten slightly. Bake at 350°F about 10-13 minutes. Transfer to a wire rack to cool.



**Gluten Free  
Certification**

**Look for our  
shelf talkers**



# DAILY MENU & SHOPPING LIST



Day 1 - Mushroom Chicken

Day 2 - Homemade Pizza

Day 3 - Potato Crust Quiche

Day 4 - Chicken & Rice Soup

Day 5 - Zoodle Spaghetti

Day 6 - Hoagie Sandwiches

## PRODUCE:

1 stalk broccoli  
1 head cauliflower  
3 carrots  
3 celery sticks  
2 cucumbers  
2 cups green beans  
1 head lettuce  
8 crimini mushrooms  
1 onion  
1 head garlic  
1 bunch parsley  
1 red bell pepper  
1# russet potatoes  
1 bunch spinach  
1 pt strawberries  
2 medium zucchini  
1 apple  
1 bunch green onions

## BULK:

2 Tbsp arrowroot  
½ tsp baking powder  
1 ¼ tsp baking soda  
¼ tsp garlic salt

¼ tsp celery seed  
1 ½ tsp dill weed  
½ tsp garlic powder  
1 tsp Italian seasoning  
¾ tsp pepper  
1 Tbsp sea salt  
4 Cornichons  
½ cup sliced black olives  
½ cup mayonnaise  
1 Tbsp mustard  
2 roasted red peppers  
1 cup salsa  
¼ cup maple syrup  
¾ cup olive oil  
1 Tbsp white wine vinegar  
1 cup brown rice flour  
2 Tbsp golden flax seeds  
2 Tbsp poppy seeds  
2 Tbsp chia seeds  
1 ½ cups raw almonds  
1 cup *Bob's Red Mill GF I-to-I Baking Flour*

2 servings tortilla chips  
½ cup quinoa  
1 Tbsp sugar  
½ cup sorghum flour  
½ cup wild rice

## GROCERY:

1 can Great Northern beans  
1 pkg *New Cascadia GF Hoagie Rolls*  
1 box parchment paper  
1 jar spaghetti sauce  
1 bottle salad dressing

## DELI & CHEESE:

12 oz bacon  
4 chicken thighs  
4 slices deli ham  
¾# mozzarella  
¼ cup grated Parmesan  
1 pkg sliced pepperoni

## DAIRY:

1 lb butter  
9 eggs  
1 pt milk

**First Alternative**  
NATURAL FOODS CO-OP

[www.firstalt.coop](http://www.firstalt.coop)

Open Daily 7AM to 10 PM  
2855 NW Grant Ave.  
& 1007 SE Third St.