

GLUTEN FREE DINNER IDEAS



What's For Dinner?

Whatever sounds good? Whatever I can find? Who knows?

Those answers sound like you don't have a plan. Plan ahead so that you save time and money. Pick out 3-4 meals each week and shop specifically for those meals. Don't wait until the last minute to figure out what you're going to eat; waiting will make you a CRAZY hungry person who relies on fast food all the time!

Fast Skillet Meals: Mix it all up in a skillet for a super-fast meal

- Mexican skillet dinner: ground hamburger, salsa, cumin, chili powder, garlic powder, cooked brown rice, and shredded cheese
- Tacos: ground skinless chicken and black beans sautéed with salsa as the filling, Mission corn tortillas or Mission or Garden of Eatin' hard corn taco shells with Greek yogurt, shredded cheese, salsa and diced green onions
- Stir fry: diced skinless chicken or frozen shrimp, canola oil, minced garlic, a bag of frozen Asian veggies and San-J teriyaki sauce or Tamari sauce (wheat-free soy sauce); serve with cooked brown jasmine rice
 - Add ginger, powder or fresh
 - Add a splash of orange juice or a scoop of orange juice concentrate
 - Mix soy sauce with cornstarch to make a thick sauce

Enhanced Frozen Foods

- Frozen Amy's GF pizza with a bagged salad and Lighthouse salad dressing
- Frozen pre-cooked shrimp with a vacuum sealed pouch of precooked brown rice or quinoa and a bag of frozen mixed vegetables
- Gluten-Freeda frozen burrito with salsa and sautéed zucchini and bell pepper strips (or a salad)

Get a Grill (or an oven would work too)

- Shish Kebobs (meat/chicken and vegetables, marinated in lemon juice, olive oil, and garlic), served over brown rice
- Cover skinless chicken breasts with Annie's Naturals GF or OrganicVille GF barbeque sauce, grill and serve with frozen broccoli and a sweet potato "baked" in the microwave
- Grilled pork chops with apple sauce, steamed frozen or fresh carrots with minced parsley, and Alexia frozen oven fries (or make your own by cubing white or sweet potato, toss with olive oil and bake at 450 until soft)
- Homemade chicken, turkey or salmon burger grilled and served with fresh or frozen corn on the cob, coleslaw (from a bag) and watermelon; use raw gluten-free oatmeal, crushed Nature's Path Mesa Sunrise Flakes or bread crumbs made from Udi's bread as the binder in the burger

New-Age Chicken of the Sea (canned wild salmon)

Choose boneless and skinless wild salmon. Drain salmon and use just like canned tuna.

- Canned salmon mixed with white beans, olive oil, minced garlic, and Italian spice blend on top of salad greens with Mary's Gone Rice Crackers
- Canned salmon mixed into cooked quinoa or brown rice pilaf made with diced celery and carrots, almonds, raisins and olive oil
- Salmon salad made with mayonnaise, mustard, diced celery and walnuts and served on top of salad greens

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Balanced Pasta and Potato Meals

- Ancient Harvest Quinoa pasta, diced Adele's, Applegate Farms, or Trader Joe's chicken sausage, frozen veggies, olive oil and minced garlic (throw veggies into the boiling water for 3 minutes; use jarred minced garlic)
- Tinkyada brown rice small shell pasta tossed with canned lentils, jarred tomato sauce, frozen spinach and minced garlic
- Loaded potato: "bake" a potato in the microwave, top with cottage cheese and broccoli, or canned salmon, olive oil and oregano, or shredded cheese, salsa and Greek yogurt; serve with a salad

Soups and Stews

- A carton of Pacific chicken broth, a bag of frozen bell pepper strips, a can of black beans, a jar of salsa and your favorite spice blend
- In the Crock Pot place diced chicken, a bag of frozen broccoli, a can of white beans and a can of diced tomatoes cover with Pacific vegetable or chicken broth

Fancy Salads

- Spinach with toasted almonds or sunflower seeds, fresh or frozen strawberries, canned wild salmon and Lighthouse raspberry vinaigrette
- Mixed greens with diced cooked chicken (leftovers or canned) with orange segments, pumpkin seeds, cucumber slices and Annie's Naturals gluten-free honey mustard dressing
- Romaine lettuce with canned black beans, salsa, shredded cheese, olives, avocado and Tostito's or Garden of Eatin' or Food Should Taste Good tortilla chips
- Mixed greens with sliced Boar's Head deli turkey, a hardboiled egg, avocado and Lighthouse ranch dressing with Crunchmaster Gluten Free Multi-Grain crackers