RECIPEMUSE

# The *Gluten-Free* Week

Seven dinners from our recipe catalog, one shopping list, and no hunting for what is safe to eat.









7 DINNERS
1 SHOPPING LIST
ALL GLUTEN-FREE

THIS WEEK

# Seven dinners

*Always check labels: broth, spice blends and sauces can contain hidden gluten.*

| | | |
|---|---|---|
| NIGHT 1 | Cod Delight | 15 min |
| NIGHT 2 | Spicy Pork Tenderloin | 30 min |
| NIGHT 3 | Coconut Curry Shrimp | 25 min |
| NIGHT 4 | Easy Chana Masala | 30 min |
| NIGHT 5 | Zucchini Beef Skillet | 30 min |
| NIGHT 6 | Chimichurri Chicken | 30 min |
| NIGHT 7 | Mexican Turkey Skillet | 50 min |

Each page has the photo, time, servings, ingredients and method. The shopping list is on page 10. If a recipe says to use a certified gluten-free product, that is the one to check before you cook.



NIGHT 1 · 15 MIN · SERVES 4

# Cod Delight

*A fast cod dish seasoned with tomato, onion, garlic, and herbs. It finishes in under ten minutes, making it perfect for a busy weeknight.*

## INGREDIENTS

- 1 small tomato, chopped
- 1/3 cup finely chopped onion
- 2 tablespoons water
- 2 tablespoons canola oil
- 4 to 5 teaspoons lemon juice
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon dried basil
- 1 small garlic clove, minced
- 1/8 teaspoon salt
- 4 cod fillets (4 ounces each)
- 1 teaspoon seafood seasoning

**Use a certified gluten-free seafood seasoning.**

## METHOD

1. In a small bowl, mix the tomato, onion, water, canola oil, lemon juice, parsley, basil, garlic, and salt.
2. Place the four cod fillets in an 11-by-7-inch baking dish and spread the tomato mixture over the fish.
3. Sprinkle the seafood seasoning on top.
4. Cover the dish and microwave on high for 5-6 minutes, or until the fish just starts to flake easily with a fork.



NIGHT 2 · 30 MIN PLUS 2-4 HR MARINATING · SERVES 8

# Spicy Pork Tenderloin

*A spicy pork tenderloin that benefits from a 2-4 hour marination before grilling. The result is a smoky, peppery roast that holds up well for any gathering.*

## INGREDIENTS

- 1 to 3 tablespoon chili powder
- 1 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground thyme
- 1/4 teaspoon pepper
- 2 pork tenderloins (about 1 pound each)

**Use a certified gluten-free chili powder.**

## METHOD

1. Mix the chili powder, salt, ginger, thyme, and pepper in a bowl.
2. Rub the spice blend over both sides of each pork tenderloin.
3. Place the seasoned tenderloins in a covered container and refrigerate for 2-4 hours.
4. Preheat the grill to medium-hot indirect heat.
5. Put the tenderloins on the grill, cover, and cook for 25-40 minutes or until the internal temperature reaches 160 °F.
6. Let the pork rest for a few minutes before slicing.



NIGHT 3 · 25 MIN · SERVES 3

# Coconut Curry Shrimp

*A quick, single-pan coconut curry shrimp that blends sweet coconut milk with spicy curry and fresh vegetables. The dish is ready in about 20 minutes.*

## INGREDIENTS

- 1 can (13.66 ounces) coconut milk
- 1 tablespoon fish sauce
- 1 tablespoon red curry paste or 1-1/2 teaspoons curry powder
- 1 teaspoon brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound uncooked shrimp (25-30 per lb.), peeled and deveined
- 1 tablespoon canola oil
- 1 large sweet red pepper, juilenned
- 8 green onions, cut into 1-1/2 in. pieces
- 1/4 cup minced fresh cilantro
- Hot cooked jasmine rice
- Lime wedges

**Use a certified gluten-free fish sauce, red curry paste.**

## METHOD

1. Whisk together 1 can coconut milk, 1 tablespoon fish sauce, 1 tablespoon red curry paste, 1 teaspoon brown sugar, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a small bowl.
2. Heat 1 tablespoon canola oil in a large skillet or wok over medium-high heat. Add 1 pound shrimp. Stir-fry until pink, about 2–3 minutes. Remove shrimp and set aside.
3. Add the sliced 1 large sweet red pepper and 8 green onions to the skillet. Pour in the sauce mixture. Bring to a boil. Stir and cook for 3–4 minutes until the vegetables are just tender.
4. Return the shrimp to the skillet. Stir in 1/4 cup minced cilantro. Heat everything through until warm.
5. Serve the curry over hot jasmine rice and offer lime wedges on the side.



NIGHT 4 · 30 MIN · SERVES 4

# Easy Chana Masala

*A quick chickpea curry served over rice, finished with a touch of yogurt and fresh cilantro. It's ready in about 20 minutes and works well for a weeknight meal.*

## INGREDIENTS

- 1 tablespoon canola oil
- 1/2 cup finely chopped onion
- 1 tablespoon minced fresh gingerroot
- 2 garlic cloves, minced
- 1 jalapeno pepper, seeded and finely chopped, optional
- 1/2 teaspoon salt
- 1 teaspoon garam masala
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1 can (15 ounces) diced tomatoes, undrained
- 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
- 3 cups hot cooked brown rice
- 1/4 cup plain yogurt
- Minced fresh cilantro

**Use a certified gluten-free garam masala.**

## METHOD

1. Heat the oil in a large skillet over medium heat.
2. Add the onion, ginger, garlic, and jalapeno if using. Cook, stirring, until the onion softens and turns lightly brown, 4-5 minutes.
3. Stir in the salt, garam masala, coriander, and cumin. Cook and stir for 1 minute.
4. Add the diced tomatoes with their juice and the chickpeas. Bring the mixture to a boil.
5. Reduce the heat, cover, and simmer until the flavors blend, 12-15 minutes, stirring occasionally.
6. Serve the curry over the hot cooked brown rice. Top with a dollop of plain yogurt and a sprinkle of chopped cilantro.



NIGHT 5 · 30 MIN · SERVES 4

# Zucchini Beef Skillet

*A quick skillet meal that blends ground beef, zucchini, tomatoes, and green pepper with instant rice, topped with melty cheddar for a comforting finish.*

## INGREDIENTS

- 1 pound ground beef
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 2 teaspoons chili powder
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 medium zucchini, cut into 3/4-inch cubes
- 2 large tomatoes, chopped
- 1/4 cup water
- 1 cup uncooked instant rice
- 1 cup shredded cheddar cheese

**Use a certified gluten-free chili powder.**

## METHOD

1. Heat a large skillet over medium-high heat. Add the ground beef, chopped onion, and chopped green pepper. Cook, stirring and breaking the meat into crumbles, until the beef is no longer pink, about 5-7 minutes. Drain any excess fat.
2. Stir in the chili powder, salt, and pepper until evenly mixed.
3. Add the zucchini cubes, chopped tomatoes, ¼ cup water, and 1 cup uncooked instant rice. Mix well.
4. Bring the mixture to a boil.
5. Reduce the heat, cover the skillet, and simmer until the rice is tender, about 10-15 minutes.
6. Sprinkle the shredded cheddar cheese over the top.
7. Turn off the heat and let the dish stand until the cheese has melted.



NIGHT 6 · 30 MIN · SERVES 4

# Chimichurri Chicken

*Chicken thighs coated in a bright, herb-laden chimichurri sauce make for a quick, flavorful main dish.*

## INGREDIENTS

- 1/2 cup olive oil
- 4 tablespoons minced fresh parsley
- 3 tablespoons red wine vinegar
- 6 garlic cloves, minced
- 1/2 teaspoon dried oregano
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes
- 1-1/2 pounds boneless skinless chicken thighs

## METHOD

1. Whisk together 1/2 cup olive oil, 4 tablespoons minced parsley, 3 tablespoons red wine vinegar, 6 minced garlic cloves, 1/2 teaspoon dried oregano, 3/4 teaspoon salt, 1/4 teaspoon pepper, and 1/4 teaspoon crushed red pepper flakes in a large bowl. Keep half of the mixture aside for serving and store the rest in the refrigerator.
2. Add 1-1/2 pounds boneless, skinless chicken thighs to the bowl with the remaining chimichurri. Toss until the chicken is well coated. Cover the bowl and refrigerate for at least 30 minutes to marinate.
3. Remove the chicken from the bowl, discarding the leftover sauce. Grill the thighs over medium-high heat, covered, for 4–5 minutes on each side or until the internal temperature reaches 165°F.
4. Serve the grilled chicken with the reserved chimichurri sauce.



NIGHT 7 · 50 MIN · SERVES 8

# Mexican Turkey Skillet

*A one-pan dish of ground turkey, black beans, rice and Mexican spices. It finishes in about 30 minutes and leaves a single skillet to clean up.*

## INGREDIENTS

- 1 pound lean ground turkey
- 1 cup chopped zucchini
- 1/2 cup chopped sweet red pepper
- 2 teaspoons canola oil
- 2 cups cooked rice
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) Mexican stewed tomatoes
- 1 can (8 ounces) tomato sauce
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup shredded reduced-fat Mexican cheese blend
- Chopped avocado, optional

**Use a certified gluten-free tomato sauce, Mexican-style cheese blend.**

## METHOD

1. Preheat the oven to 350°F.
2. Heat a large ovenproof skillet over medium heat.
3. Add the ground turkey; cook until it is no longer pink, then drain the excess fat.
4. Add 2 teaspoons canola oil, chopped zucchini, and chopped red pepper; sauté for 2 minutes until the vegetables are crisp-tender.
5. Stir in the cooked rice, rinsed black beans, Mexican stewed tomatoes, tomato sauce, ½ teaspoon cumin, ¼ teaspoon salt, and ¼ teaspoon pepper.
6. Cover the skillet and bake for 30 minutes.
7. Sprinkle the shredded Mexican cheese blend over the top.
8. Let the dish rest for 5 minutes before serving.
9. Top with chopped avocado if desired.

SHOPPING

# One list for the week

## PRODUCE

- [ ] Onions: 1 medium, plus 1/2 cup and 1/3 cup chopped (1, 4, 5)
- [ ] Garlic: about 10 cloves (1, 4, 6)
- [ ] Zucchini: 3 medium plus 1 cup chopped (5, 7)
- [ ] Tomatoes: 1 small, 2 large (1, 5)
- [ ] Sweet red pepper: 1 large plus 1/2 cup chopped (3, 7)
- [ ] Green pepper: 1 small (5)
- [ ] Green onions: 8 (3)
- [ ] Fresh gingerroot, 1 tablespoon minced; 1 jalapeno, optional (4)
- [ ] Lemons and limes: lemon juice for 1; lime wedges for 3
- [ ] Fresh parsley (6) and cilantro (3, 4)
- [ ] Avocado, optional (7)

## MEAT AND FISH

- [ ] Cod fillets: 4 (4 ounces each) (1)
- [ ] Pork tenderloins: 2 (about 1 pound each) (2)
- [ ] Shrimp: 1 pound uncooked, peeled and deveined (3)
- [ ] Ground beef: 1 pound (5)
- [ ] Boneless skinless chicken thighs: 1-1/2 pounds (6)
- [ ] Lean ground turkey: 1 pound (7)

## DAIRY

- [ ] Shredded cheddar: 1 cup (5)
- [ ] Shredded reduced-fat Mexican cheese blend: 1 cup (7)
- [ ] Plain yogurt: 1/4 cup (4)

## CANS AND JARS

- [ ] Coconut milk: 1 can (13.66 ounces) (3)
- [ ] Diced tomatoes: 1 can (15 ounces) (4)
- [ ] Chickpeas: 1 can (15 ounces) (4)
- [ ] Black beans: 1 can (15 ounces) (7)
- [ ] Mexican stewed tomatoes: 1 can (14-1/2 ounces) (7)
- [ ] Tomato sauce: 1 can (8 ounces) (7)
- [ ] Fish sauce: 1 tablespoon (3)
- [ ] Red curry paste: 1 tablespoon, or 1-1/2 teaspoons curry powder (3)

## RICE

- [ ] Brown rice: 3 cups cooked, plus 2 cups cooked for the turkey skillet (4, 7)
- [ ] Jasmine rice, cooked, for serving (3)
- [ ] Instant rice: 1 cup uncooked (5)

## OILS AND VINEGAR

- [ ] Olive oil: 1/2 cup (6)
- [ ] Canola oil: about 5 tablespoons in all (1, 3, 4, 7)
- [ ] Red wine vinegar: 3 tablespoons (6)
- [ ] Brown sugar: 1 teaspoon (3)

## SPICES

- [ ] Salt and pepper
- [ ] Chili powder (2, 5)
- [ ] Ground cumin (4, 7), ground coriander (4)
- [ ] Ground ginger and ground thyme (2)
- [ ] Garam masala (4)
- [ ] Seafood seasoning (1)
- [ ] Dried basil, dried parsley flakes (1); dried oregano, crushed red pepper flakes (6)

Numbers in brackets show which night uses the item.

*Pantry staples like salt, pepper and oil are listed so you can check you have enough. Look for a certified gluten-free label on the spices, sauces and canned goods.*

AFTER THE WEEK

# Keep the recipes you *liked*

A free RecipeMuse account saves them where you can find them, on your phone or in the browser.

- A library for the recipes you save, including ones imported from a link
- A meal plan that builds one shopping list for the week
- Three guided cooks to try, step by step

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Recipes are from the RecipeMuse catalog and were checked ingredient by ingredient for gluten, but brands change. If you have celiac disease or a wheat allergy, read every label yourself. This guide is not medical advice.