

Recipe Shopping List

VEGETABLES, FRUITS, HERBS

4 yellow onions
4 sprigs fresh thyme
(or ¼ tsp. dried thyme leaves)
3 cups fresh or frozen corn kernels
Fresh parsley
3 medium beets
3 oranges
7 cloves garlic
2 romaine hearts
6 cups mixed greens
Small head radicchio
1 bag cole slaw
3 apples
10 oz. package frozen
chopped spinach
2 (28 oz.) cans whole tomatoes
1 (28 oz.) can crushed tomatoes
2 medium sweet potatoes
3 large poblano peppers
Asparagus spear pieces
Raspberries
1 potato
Fresh thyme
Fresh rosemary

GRAINS, BREADS, PASTAS

1¼ cup arborio rice
¾ cup brown rice

DAIRY FOODS

Cabot Salted Butter
1 (8 oz.) bag Extra Sharp
Shredded Cheddar Cheese
2 (8 oz.) bags Sharp Lite50
Shredded Cheddar Cheese
8 oz. Cabot Sharp Light Cheddar
Cheese
8 oz. Cabot Seriously Sharp
Cheddar Cheese
1 (8oz.) bag Seriously Sharp
Shredded Cheddar Cheese
Cabot No Fat Cottage Cheese
2 cups lowfat milk
Cabot Plain Greek Yogurt

MEATS, FISH, POULTRY

1½ lbs. unpeeled raw shrimp
5 lbs. boneless pork butt
1 lb. lean ground beef
1 (10 oz.) package mild Italian
sausage
1 (10 oz.) package hot Italian
sausage
2 boneless chicken breasts

MISCELLANEOUS

Gluten-free pie crust
8 eggs
32 oz. 99% fat-free chicken broth
½ cup spiced nuts
2 (15 oz.) can kidney beans
Gluten-free reduced fat
cole slaw mix

CHECK YOUR PANTRY

Cooking spray
Ground black pepper
Salt
Extra-virgin olive oil
Canola Oil
Apple cider vinegar
Honey
Dijon mustard
Cinnamon
Ground red pepper (cayenne)
Grated nutmeg
1 (4 oz.) can chopped jalapeño
(optional)
1 cup red wine
¼ cup gluten-free
 Worcestershire sauce
Mild chili powder
Hot mustard powder
Celery seed
Cornstarch
Lemon juice
Fennel seed
Minced garlic

When It Comes to Good Health, Don't Ditch Dairy

HEALTHY WEIGHT

Enjoying 3 servings of dairy, as part of a reduced-calorie diet, results in greater weight loss compared to cutting calories with minimal dairy. And since protein helps you feel the fullest of all calorie types, adding dairy will curb your hunger while you're cutting calories.

HEART HEALTHY

Following the DASH (Dietary Approaches to Stop Hypertension) diet, including consumption of low-fat dairy foods (2-3 servings/day) and fruits and vegetables (8-10 servings/day), significantly reduces blood pressure. Cabot cheddars are also lower in salt than many other brands, which can help to lower blood pressure.

LACTOSE-FREE

Don't ditch dairy if lactose is a concern. Cabot cheddars contain zero grams of lactose. Learn more at: cabotcheese.coop/lactose-free

GLUTEN-FREE

Milk is naturally gluten-free and all ingredients in Cabot dairy products are verified to be gluten-free. Any and all ingredients, anti-caking agents, etc. are researched and verified to be gluten-free.



Since 1919, the farm families of Cabot Creamery Co-operative have been passionate about making the world's best cheese and dairy products. We use only the purest ingredients to craft our creamy, mouthwatering classics. Just maybe, that's why we've won every major award for taste.

Learn more at Cabotcheese.coop



GLUTEN-FREE 5-DAY DINNER PLANNER

Includes dinner recipes, suggested sides, and shopping list



Deliciously Gluten-Free

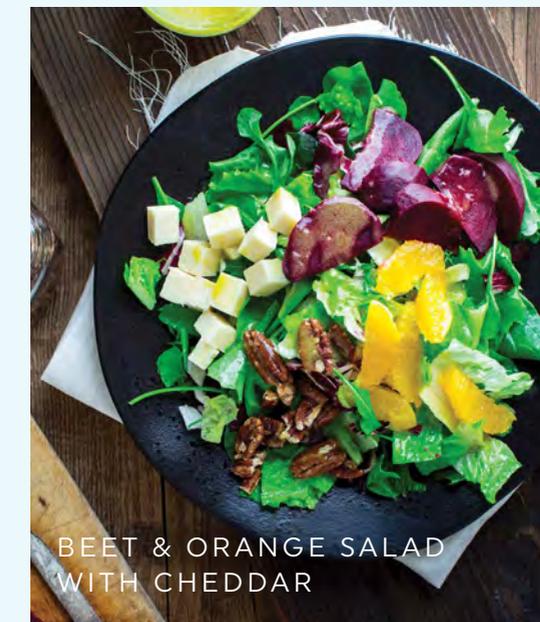
PEOPLE WITH GLUTEN SENSITIVITIES

can and should eat a variety of nutritious and delicious foods on a regular basis. Cabot's team of Registered Dietitians has developed a five-day meal plan with a well-balanced and nutritious eating pattern that individuals with celiac disease can enjoy without feeling deprived. Adjust the menu plan based on your individual tolerances and preferences. Reading labels carefully is very important, as gluten can be present either as a basic ingredient or from processing or preparation. Please read labels of items to make sure you're selecting options without gluten. Consult a Registered Dietitian for guidance on nutrition management of celiac disease.

A Week of Dinner Inspiration

THIS 5-DAY GLUTEN-FREE MEAL PLAN

and shopping list serves up five nights of meal suggestions. Add on your favorite side dishes and seasonal vegetables and you'll be ready for a full five days of gluten free-friendly weeknight dinners! A shopping list is included for the recipes in this plan.



BEET & ORANGE SALAD
WITH CHEDDAR



MONDAY

Yogurt Marinated Mediterranean Porchetta

- 1 cup Cabot Plain Greek Yogurt
- 1 ¼ tsp. coarse kosher salt
- 2 cloves garlic, finely grated
- ½ tsp. pepper
- 2 Tbsp. lemon juice
- 1 tsp. chopped fresh rosemary
- 2 tsp. fennel seed
- 2 tsp. chopped fresh thyme
- 5 lbs. boneless pork butt

WHISK yogurt, garlic, lemon juice, fennel seed, thyme, salt, pepper and rosemary in a small bowl. Place pork in a 2 gallon x-large re-sealable bag or in a baking dish. **POUR** yogurt mixture over the meat, and turn to coat with the marinade. Seal bag or cover the baking dish with plastic wrap and refrigerate 24 hours. **PREHEAT** oven to 300°F. **LINE** a baking sheet with foil. Place a roasting rack on top of the foil-lined sheet. Coat the rack with cooking spray. **REMOVE** the pork from the bag or baking dish and set on the rack skin side up. **ROAST** until the roast reaches an internal temperature of 185°F, 5 to 7 hours. Remove the pork from the oven and allow to rest at least 30 minutes before shredding or slicing to serve.

NUTRITION FACTS: Cal. 530, Total Fat 38g, Sat. Fat 14g, Sodium 590mg, Carb 2g, Dietary Fiber 0g, Protein 52g

SIDE DISH IDEA

Mix 1 bag of cole slaw with 1 cup Cabot Extra Sharp Shredded Cheddar Cheese. Add gluten-free dressing for desired consistency.

RECIPE STAPLE



TUESDAY

Chicken & Sweet Potato Pot Pie

- 1 Tbsp. olive oil
- 2 Tbsp. cornstarch
- 2 ½ cups peeled, diced sweet potato
- ½ cup chopped poblano peppers (about 3 large)
- ½ cup chopped onion
- 8 oz. Cabot Sharp Light Shredded Cheddar Cheese
- 1 ½ tsp. minced garlic
- 1 ½ tsp. salt
- 2 cups chopped, cooked chicken
- Gluten-free pie crust
- 1 cup corn kernels, fresh or frozen
- 1 large egg, lightly beaten
- 2 cups cold lowfat milk
- 1 Tbsp. water

PREHEAT oven to 375°F. **LINE** baking sheet with foil. **HEAT** oil in large pot over medium-high heat; add sweet potato, onion garlic and salt. **COOK**, stirring, for 10 minutes or until potatoes are tender. **ADD** corn, poblano peppers, and chicken, stirring well to combine. **COMBINE** milk and cornstarch in small bowl and add to mixture. **BRING** to boil, stirring constantly, until filling starts to thicken. Remove from heat. **POUR** filling evenly into 8 ramekins; allow to cool. **SPRINKLE** cheese evenly over filling in ramekins. **PLACE** rounds of pie crust over ramekins and filling; pierce crust several times with fork. **COMBINE** egg and water; **BRUSH** evenly over crust. **PLACE** ramekins on prepared baking sheet. **BAKE** for 15 minutes or until filling is bubbling and crust is golden.

NOTE: Try with our Gluten-Free Pie Crust! Get the recipe at Cabotcheese.coop/gluten-free-pie-crust

NUTRITION FACTS: Cal. 469, Total Fat 20.5g, Sat. Fat 11.5g, Sodium 747mg, Carb. 48g, Dietary Fiber 3.5g, Protein 25g

SIDE DISH IDEA

Skillet cinnamon apple (cut 3 apples into bite-sized pieces. Heat ¼ cup water in a skillet over medium heat. Add apples and 1-2 tsp. cinnamon to taste. Cook until desired tenderness. Add additional water if needed.)

RECIPE STAPLE



WEDNESDAY

Corn-Cabot Cheddar Risotto with Shrimp

- 4 cups (32 oz.) fat-free chicken broth
- 1 ¼ cups arborio rice
- ½ tsp. dried thyme leaves or 3 sprigs fresh thyme
- 4 oz. Cabot Sharp Light Cheddar or Cabot Sharp Extra Light Cheddar, grated (about 1 cup)
- 1 ½ lbs. unpeeled raw shrimp
- 3 Tbsp. chopped fresh parsley
- 1 Tbsp. Cabot Salted Butter
- Freshly ground black pepper to taste
- ¾ cup chopped onion
- 2 cups fresh or frozen corn kernels

BRING broth and thyme to simmer in large saucepan; add shrimp, return to simmer and cook until shrimp are just firm, about 2 minutes. With slotted spoon, **TRANSFER** shrimp to bowl, setting broth aside. Fill bowl with cold water to cool shrimp, then drain, peel and set aside. In large pot, **MELT** butter over medium-low heat. **ADD** onion and cook, stirring often, until tender, about 3 minutes. **ADD** rice and stir for two minutes longer. **ADD** ½ cup of warm broth, adjusting heat to maintain gentle simmer and stirring often. When broth is all absorbed **ADD** another ½ cup, repeating until all broth is used (cooking time will be about 20 minutes total). Rice should still be slightly firm but not crunchy in center; add hot water a half cup at a time if rice needs further cooking. **STIR** in corn and reserved shrimp; stir until heated through, about 2 minutes. Stir in cheese and parsley and season with pepper.

NOTE: Cooking the unpeeled shrimp in the chicken broth adds great flavor, but for a quicker version you can purchase peeled cooked shrimp and make the risotto with plain chicken broth heated with thyme.

NUTRITION FACTS: Cal. 369, Total Fat 6g, Sat. Fat 2g, Sodium 943mg, Carb 54g, Dietary Fiber 3g, Protein 25g

SIDE DISH IDEA

Beet & Orange Salad with Cheddar Get the recipe at Cabotcheese.coop/salad-with-oranges-beets-and-cheddar

RECIPE STAPLE



THURSDAY

Crustless Spinach Quiche

- 2 tsp. canola oil
- 6 large egg whites
- 1 medium yellow onion, finely chopped
- 1 large egg
- 1 (10 oz.) package frozen chopped spinach, thawed and drained
- ½ cup Cabot No Fat Cottage Cheese
- 6 oz. Cabot Sharp Light Shredded Cheddar Cheese (about 1 ½ cups)
- ¼ tsp. ground red pepper (cayenne)
- ¼ tsp. ground red pepper (cayenne)
- ½ tsp. salt
- ½ tsp. grated nutmeg

PREHEAT oven to 375°F. Coat 9-inch pie plate, preferably nonstick, with cooking spray; set aside. **HEAT** oil in nonstick skillet over medium-high heat. Add onion and cook, stirring, for 5 minutes, or until translucent. Add spinach and stir until moisture has evaporated, about 3 minutes longer. **SPRINKLE** cheese evenly in prepared pie plate. Top with spinach mixture. **WHISK** together egg whites, egg, cottage cheese, red pepper, salt and nutmeg in a medium bowl. Pour egg mixture evenly over spinach. **BAKE** for 30 to 40 minutes, or until set. Let stand for 5 minutes, then cut into wedges and serve.

NUTRITION FACTS: Cal. 211, Total Fat 11g, Sat. Fat: 5g, Sodium 620mg, Carb. 8g, Dietary Fiber 2g, Protein 24g

SIDE DISH IDEA

1 cup steamed asparagus spear pieces, 1 cup raspberries, ¾ cup brown rice

RECIPE STAPLE



FRIDAY

Jake's Tailgate Chili

- 1 lb. lean ground beef
- 1 (10 oz.) package mild Italian sausage
- 1 (10 oz.) package hot Italian sausage
- 1 large onion, coarsely chopped
- 2 cloves garlic, minced
- 1 (4 oz.) can chopped jalapeño (optional)
- 1 cup red wine
- ¼ cup gluten-free worcestershire sauce
- 1 ½ tsp. mild chili powder
- 1 ½ tsp. ground black pepper
- 1 tsp. hot mustard powder
- 1 tsp. celery seed
- 1 tsp. ground red pepper (cayenne)
- ½ tsp. salt
- 2 (28 oz.) cans whole tomatoes, coarsely chopped, with liquid
- 1 (28 oz.) can crushed tomatoes with liquid
- 2 (15 oz.) cans red kidney beans with liquid
- Cabot Seriously Sharp Shredded Cheddar Cheese

COOK ground beef in a large (4½-quart) pot until no longer pink, breaking up with spoon. Add both sausages and cook until browned, 8 to 10 minutes, breaking up into bite-size pieces. **ADD** onion, garlic and jalapeños (if using, chili will be very hot). Simmer for 5 minutes. **STIR** in wine, Worcestershire, chili powder, black pepper, mustard powder, celery seed, cayenne and salt; simmer for 10 minutes. **ADD** chopped and crushed tomatoes. Bring to simmer and cook, covered, for 2 hours, stirring occasionally. **ADD** beans and simmer, covered, for 1 hour longer, stirring occasionally. Serve topped with shredded cheese.

NUTRITION FACTS: Cal. 519, Total Fat 27g, Sat. Fat 8g, Sodium 1657mg, Carb 36g, Dietary Fiber 9g, Protein 32g

SIDE DISH IDEA

½ large baked potato (with skin), 1 oz. Cabot Sharp Light Shredded Cheddar Cheese (¼ cup)

RECIPE STAPLE

