THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

Shopping List

FILET OF FISH WITH WILD RICE

PANTRY STAPLES

- [ ] Gluten-free sliced bread
- [ ] **2** filets (4-6 oz each) of your favorite fresh firm fish (i.e. wild salmon, tilapia, catfish)
- [ ] **1** sprig flat leaf Italian parsley
- [ ] **1** sprig thyme
- [ ] **1** sprig oregano
- [ ] **1** sprig lemon verbena
- [ ] **1** fresh garlic bulb
- [ ] **1** box (1 lb) of wild rice or rice medley
- [ ] **1** fresh lemon