



GFREE DINNER AND A MOVIE
NOW SHOWING



LADY AND THE TRAMP

Barbara Luddy, Larry Roberts and Peggy Lee
Directed by Clyde Geronimi, Wilfred Jackson Rated G; 76 min.; 1955

The romantic tale of a sheltered uptown Cocker Spaniel dog and a streetwise downtown Mutt.

NOW SERVING

MENU

Sparkling Grape Juice (for the kids) / Chianti for adults

Tramp's Tasty Spaghetti and Meatballs

Grazie! Garlic Bread

Dijon Vinaigrette Insalata

Cocker Spanial Spumoni

GFREE Dinner & A Movie

LADY AND THE TRAMP

- [A] Sparkling Grape Juice (for the kids)
- [B] Chianti for adults
- [C] Tramp's Tasty Spaghetti and Meatballs
- [D] Grazie! Garlic Bread
- [E] Dijon Vinaigrette Insalata
- [F] Cocker Spanial Spumoni

What you need but may already have

butter or buttery spread, Earth Balance
extra-virgin olive oil
Dijon mustard
garlic, minced
GF Worcestershire sauce, French's Italian seasoning
Italian seasoned GF breadcrumbs (see *Bread tab*)
large eggs
red wine vinegar
sugar

Deli

1¼ pounds ground beef [C]

Bread

1 loaf GF sandwich bread, Rudi's or Udi's [D]

Produce

4 cups mixed greens [E]

Pasta/Rice

10 ounces gluten-free spaghetti, Tinkyada [C]

3 cups prepared marinara sauce, Classico [C]

Dairy

¼ cup Parmesan cheese or soy Parmesan, Galaxy [C]
1 cup shredded mozzarella cheese or cheese alternative, Vegan Gourmet or Daiya [D]

Juice/Pop

1 bottle Sparkling Grape Juice [A]

Spirits/Wine

1 bottle Chianti [B]

Frozen

1 ½ gallon spumoni ice cream, Dreyer's [F]

Snacks/Cookies

1 package GF shortbread cookies, Pamela's [F]

[C] Tramp's Tasty Spaghetti and Meatballs

Prep time: 10 minutes Cook time: 20 minutes

- 10 ounces gluten-free spaghetti, Tinkyada

- 1¼ pounds ground beef

- 2 teaspoons gluten-free Worcestershire sauce, French's

- 2 large eggs , beaten

- ½ cup Italian seasoned gluten-free breadcrumbs (see Bread tab)

- ¼ cup Parmesan cheese or soy Parmesan, Galaxy, grated

- 1 teaspoon garlic, minced

- coarse salt and freshly ground pepper, to taste

- 3 cups prepared marinara sauce, Classico

[D] Grazie! Garlic Bread

Prep time: 10 minutes Cook time: 7 minutes

- 1 loaf gluten-free sandwich bread, Rudi's or Udi's

- 1 teaspoon garlic, minced

- ¼ teaspoon coarse salt

- 1 cup shredded mozzarella cheese or cheese alternative, Vegan Gourmet or Daiya

- ¼ cup butter or buttery spread, Earth Balance, softened

- 1 teaspoon Italian seasoning

Preheat the oven to 350 degrees.

[1] Mix beef, Worcestershire, egg(s), bread crumbs, cheese, garlic, salt and pepper. Roll meat into 1 1/2 inch medium sized meatballs and place on a greased baking sheet. Bake until no longer pink, 10-12 minutes.

[2] Meanwhile, cook pasta in a large pot of boiling, salted water according to package directions until cooked through but still firm to the bite. Drain in a colander. In the same pot, heat marinara over medium low heat for a few minutes until hot and bubbly. Add spaghetti and meatballs to the sauce and gently toss to coat.

[3] Serve with extra Parmesan cheese, if desired.

Preheat oven to 350 degrees.

[1] Place bread slices on a baking sheet.

[2] Place peeled garlic cloves on cutting board with salt. Smash garlic and salt together using flat side of a knife to make a paste.

[3] Stir together garlic paste, cheese, butter, and Italian-herb seasoning. Spread butter mixture on 1 side of each bread slice. Place bread on a baking sheet.

[4] Bake for 5 to 7 minutes or until golden and cheese is melted.

RECIPES FOR DINNER & A MOVIE 2 OF 2

[E] Dijon Vinaigrette Insalata

Prep time: 5 minutes

3 tablespoon extra-virgin olive oil (the good stuff)

1 tablespoon Dijon mustard

1 tablespoon red wine vinegar

1 teaspoon sugar

coarse salt and freshly ground pepper, to taste

4 cups mixed greens

[1] In bowl, whisk together extra-virgin olive oil, Dijon mustard, red wine vinegar, sugar, salt and pepper. Add salad greens; toss with dressing to coat.

[F] Cocker Spanial Spumoni

Prep time: 5 minutes

1 ½ gallon spumoni ice cream, Dreyer's

1 package gluten-free shortbread cookies, Pamela's

[1] Scoop ice cream in individual bowls and serve with cookies.