

## Quinoa Stuffed Sweet Potatoes

\*3-4 sweet potatoes \*3/4 cup dry white quinoa, very well rinsed & drained \*1 ¼ cup water \*1/4 tsp. salt \*1/4 tsp. cumin \*1 Tbsp. Lime juice \*1/4 cup red onion, sliced \*1/4 cup salsa of choice \*tortilla chips, crushed (optional)

Avocado sauce: \*1 avocado \*6 Tbsp. dried cilantro \*7 Tbsp. lime juice \*2 Tbsp. olive or grape seed oil \*1/4 tsp. salt \*1/4 tsp. cumin \*1 Tbsp. sweetener of choice (such as maple syrup or agave) \*2-3 Tbsp. water

Preheat oven to 400 degrees. Poke a few holes in the sweet potatoes with a sharp knife to allow steam to escape. Once oven is hot, bake sweet potatoes directly on oven rack (with a baking rack below to catch any drippings) for 45 minutes - 1 hour, or until tender to the touch. Time will vary depending on size of potato. In the meantime, heat a small saucepan over medium-high heat. Once hot, add rinsed quinoa & toast for 3-5 minutes, or until all water is evaporated & quinoa is fragrant & slightly toasted. Add water, a pinch of sea salt, lime juice & bring to a simmer. Then reduce heat to low & cover. Cook for 15-20 minutes, or until all liquid is absorbed & the quinoa is fluffy. Remove quinoa from heat & season with another healthy pinch salt & 1/4 tsp. ground cumin. Stir, adjust seasonings as desired & set aside, slightly covered. To prepare dressing, add all ingredients besides water to a blender or food processor & blend. Add only enough water to encourage blending. Taste & adjust seasonings as needed, adding more lime, salt, cumin or sweetener as desired. Set aside. Prepare any remaining toppings, such as chopped onion, cilantro or crushed tortilla chips (optional). To serve split open baked potatoes & gently press in on both ends to allow room for toppings. Fill each potato with 1 Tbsp. salsa & 1/4 - 1/2 cup cooked quinoa. Top with a healthy drizzle of avocado-cilantro sauce & any other desired toppings (hot sauce, extra cilantro or tortilla chips).

## Sticky Sesame Cauliflower

For Baked Cauliflower \*1 cup flour \*1/2 tsp. garlic powder \*1/4 tsp. salt \*1 cup water \*1 head cauliflower cut into florets For Sticky Sesame sauce: 2 ½ tsp. toasted sesame oil \*1/2 inch ginger (minced or grated) \*2-3 cloves garlic, minced or grated \*3 ½ Tbsp. agave nectar (or honey)

\*2 ½ Tbsp. Soy sauce \*1 tsp. rice vinegar \*2 Tbsp. tomato paste \*1 tsp. chili paste

Preheat the oven to 425 & prepare two large baking sheets lined with parchment paper. In a mixing bowl, stir together the flour, garlic powder, & salt. Add 1 cup of water & stir. Continue adding water 1 Tbsp. at a time until a pancake batter-esque consistency is reached. You want batter that is thick enough to stay on a cauliflower floret but thin enough that you can easily shake off the excess (add additional Tbsp. of water if needed). One by one, dip the cauliflower florets into the batter, gently shake off extra batter & place them onto the baking sheet. Leave plenty of space between florets on the baking sheet so that they can get crispy. You may not be able to quite fit a whole head of cauliflower on two baking sheets. Bake the battered cauliflower for 20 minutes, rotate the position of the trays & then bake for another 5-10 more minutes or until crispy & browned. Meanwhile, heat two tsp. of the sesame oil in a small saucepan. Add the garlic & ginger & sauté over medium-low heat, stirring frequently, for about 60-90 seconds, or until the garlic & ginger are softened & fragrant. Add the rest of the sauce ingredients & stir well. Continue cooking on medium-low heat, stirring frequently, for about 5 minutes, or until the sauce is bubbling & thickened slightly.

Turn the heat to low & leave on the burner, stirring occasionally to keep from sticking. Stir in the remaining sesame oil just before mixing with the cauliflower. Once the cauliflower is done baking, use a spatula to gently mix it together with the sauce in a bowl or the saucepan if large enough. Spread it back out on the baking sheets & return it to the oven for just 2-4 minutes, to thicken the sauce onto the cauliflower. Watch it carefully, as the sticky sesame sauce can burn quickly. Remove from the oven & serve immediately, sprinkled with sesame seeds (if desired).

## Avocado Chocolate Pudding

(Yes, we are not kidding. This pudding is as good as traditional pudding & much better for you.)

\*flesh of 2 avocados \*1/2 cup chocolate chips or cocoa powder \*1/4 cup to ½ cup milk of choice (soy or almond is good) \*1 tsp. vanilla extract \*1/8 tsp. salt \*pinch of stevia or 2-6 Tbsp. sweetener of choice  
You have two options for this recipe: The version with the chocolate chips will be richer; the version with the cocoa powder will be lower in fat & sugar. If using the chocolate chips, carefully melt them before beginning. For both versions, combine all ingredients in a blender or food processor until completely smooth. Use less milk for a thicker mousse & more for a thinner/creamier result. If using chocolate chips, use only 2-3 Tbsp. sweetener of choice or pinch stevia. If using cocoa powder, use the higher amount of sweetener. (If you must, you can try mashing everything together without a blender. It just won't be nearly as smooth.)

## Asian Pasta with Mushrooms & Broccoli

\*2 Tbsp. olive oil \*mushrooms, sliced \*4 cloves garlic \*1/2 head broccoli \*2 Tbsp. soy sauce \*1-2 Tbsp. honey \*1-2 Tbsp. sesame oil \*1/2 pound fettuccine pasta \*cashew nuts (optional), partially crushed

Heat olive oil in a large skillet on medium heat until hot. Add mushrooms & garlic & sauté for 2-3 minutes, regularly stirring with spatula. Sprinkle the mushrooms with a little bit of salt, cover & continue cooking the mushrooms for another 5-7 minutes, occasionally stirring. Having the lid on will allow mushrooms generate some moisture & not get burned. Mushrooms should be cooked for a total of 7-10 minutes. Cover the skillet & set aside. In the meantime, bring a large pot of water to boil, add pasta. Cook pasta according to package instructions. As you cook pasta in boiling water, blanch the broccoli by dipping the broccoli head into pasta boiling water for 30 seconds, then draining it. The broccoli head will turn bright green color! Cut the broccoli head into flowerets. Add broccoli pieces to the skillet with mushrooms. Reserve 1/4 cup pasta water, drain pasta & rinse with cold water. Set aside. Add 2 Tbsp. soy sauce, 1 Tbsp. honey, 1 tsp. sesame oil & 1/4 cup reserved pasta water to the skillet with mushrooms & broccoli, on medium heat. Stir to combine, to make sure the sauce coats the vegetables. Taste & add another Tbsp. of honey & another tsp. of sesame oil, if desired. On medium heat, add pasta to the skillet, mix well until the sauce coats the pasta, taste & season with salt, if desired.

## Garden to Doorstep Organics



## *Storage Tips*

Grapes: Store them unwashed in a plastic bag in the refrigerator.

Bananas - Store in a cool area. Do not refrigerate. Wrap the stems of the bananas with plastic wrap.

Avocados - You can tell if an avocado is ripe by giving it a gentle squeeze — if it yields to that light pressure, it's ready to use. If your avocados are ripe, place them in a plastic bag in the refrigerator. If they are not ripe, place them in a brown bag at room temperature until ripe, then store in a plastic bag in the refrigerator.

Cauliflower - Store, stem-side down in a plastic bag in the refrigerator (stem-side down prevents moisture from collecting in the florets & possibly causing the head to spoil).

Broccoli - To store, mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate. You can also store unwashed broccoli in a plastic bag in the refrigerator.

Yams - store at cool room temperature, preferably in a dark place away from light or place in refrigerator.

Mushrooms - Prepackaged mushrooms should stay in the package, but loose mushrooms or those in an open package should be stored in a paper bag or in a damp cloth bag in the refrigerator. Do not place in plastic bag.