

Storage Tips

Pineapple: A pineapple can be stored whole in a plastic bag in the fridge for a few days. If you will not use it for 3 or more days, you should cut it into chunks and store it in an airtight container in the fridge. (You can also freeze it. Cut it into chunks, place chunks on a cookie sheet & place in freezer. Once frozen, put chunks into airtight container & freeze. Freezing first on a cookie sheet helps prevent the chunks from sticking together).

Black Berries: Store in the crisper drawer of your refrigerator. Wash just before eating.

Red Peppers - Store in plastic bag in the crisper drawer of refrigerator. To freeze: slice or chop peppers, spread in a single layer on cookie tray and freeze, then promptly place in airtight containers or heavy-duty freezer bags and return to freezer.

Grape Tomatoes - Do NOT refrigerate. Keep them at room temperature on the counter away from direct sunlight.

Cucumbers - wrap cucumbers individually in a paper towels & then place in a plastic bag & store in the crisper drawer of the refrigerator.

Yellow Squash: Store in the crisper drawer of your refrigerator. Wash just before use.

Green Onions: Place the onions in a jar with a bit of water. Cover them with a plastic bag & place in the refrigerator (replace the water every couple of days). Or if you prefer, you can wrap the ends with a damp paper towel, place them in a plastic bag & place them in the refrigerator.

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Spaghetti with Spicy Roasted Grape Tomatoes, Green Onions & Garlic

*2 cups grape tomatoes, large ones halved *2 green onions, thinly sliced *2 glove garlic, thinly sliced
*2 Tbsp. olive oil *crushed red pepper flakes to taste *salt & pepper *8 ozs. spaghetti, cooked per
pkg. instructions *2 tsp. Basil *grated Parmesan cheese

Preheat the oven to 400 degrees. Place the tomatoes, sliced green onion & garlic slivers together in a
cast iron skillet or baking dish. Season with olive oil then season with crushed red pepper flakes, salt
& pepper to taste. Toss to coat evenly. Place the cast iron skillet into the oven & roast for 15-20
minutes, gently tossing with a spatula halfway through roasting. While the tomatoes are roasting,
cook the spaghetti in salted boiling water, per instructions. Drain the pasta making sure to keep ¼ cup
of the pasta cooking water. Remove the tomatoes from the oven. Add the drained spaghetti to the
tomatoes & a bit of the pasta water. Season with salt & pepper, to taste. Serve topped with basil &
Parmesan cheese.

Balsamic Roasted Red Pepper & Yellow Squash Grilled Cheese

*1 ½ yellow squash *1 red pepper *3 green onions *2 Tbsp. olive oil *2 Tbsp. balsamic vinegar *1/4 tsp. salt *pinch of red pepper flakes (optional) *pepper
to taste *8 slices wholegrain bread *8 ozs. shredded cheddar cheese *1-2 tsp. Dijon mustard *1+ Tbsp. butter

Preheat oven to 425 degrees. Prepare your veggies, keeping in mind that you want them to be roughly the same size for even cooking. Slice yellow squash
into bite-sized pieces. Slice the bell pepper into thin strips. Slice the green onions into small pieces. Transfer the prepared veggies to a large, rimmed baking
sheet. Drizzle on the olive oil & balsamic vinegar. Add the salt & toss until all of the ingredients are evenly combined. Arrange the veggies in a single layer on
the baking sheet. Sprinkle lightly with red pepper flakes & pepper. Bake until the veggies are tender & deeply caramelized, about 20 minutes, tossing
halfway. Spread a very thin layer of Dijon mustard on one slice of bread. Top the mustard with a heavy sprinkling of shredded cheese, then as much roasted
vegetables as you can reasonably fit on top. Top with more cheese & place another piece of bread on top. Repeat for the remaining sandwiches. Heat a
large skillet, preferably cast iron, over medium heat. Once it's hot, add a generous pat of butter. Let the butter melt & swirl it around. Carefully place one
sandwich on one side of the pan, then another sandwich on the other side. Cover the pan with a lid or a baking pan to encourage the cheese to melt. Let the
sandwich cook until the bottom side is golden & the cheese is mostly melted. Use a spatula to lift one sandwich out of the pan at a time. Add a little more
butter to the pan & let it melt. Carefully flip the sandwiches over & place them back in the pan to cook the other sides until they're nice and golden.

One really good Cucumber Salad

*2 cucumbers *2 green onions, sliced *1 clove garlic, minced *4 Tbsp. apple
cider vinegar *1 tsp. honey *2 tsp. dried dill *1/2 Tbsp. salt *1/4 tsp. pepper
Peel & slice cucumber thinly. In a large bowl mix cucumber & green onion. In a
small glass mix vinegar, honey, garlic, salt, black pepper & dill. Pour vinegar
mixture over cucumber, toss to coat.
Adjust taste with more salt & pepper if needed & serve immediately.

Baked Yellow Squash Parmesan Rounds

*2 yellow squash *garlic salt & pepper *1/2 cup grated
Parmesan cheese

Place an oven rack in the center position of the oven.
Preheat the oven to 425°F. Line a baking sheet with foil.
Cut squash into 1/4-inch thick slices. Arrange the squash
rounds on the prepared pan, with little to no space
between them. Lightly sprinkle the squash with garlic
salt & pepper. Spread a thin layer of Parmesan
cheese on each slice of squash. Bake for 15 to 20
minutes, or until the Parmesan melts & turns a light
golden brown. (Watch these closely the first time you
make them and pull them out of the oven early if the
Parmesan is golden before 15 minutes. Alternatively, you
may broil them for a minute or two at the end of the
cooking time to speed up the browning.) Serve
immediately.