

## Highlighted Recipe of the Week

Looking for something new to make with your avocados?

Try this surprisingly delicious & healthy chocolate pudding.

### Chocolate Avocado Pudding

\*1 avocado \*2 Tbsp. unsweetened cocoa powder \*2 Tbsp. maple syrup or honey \*6 Tbsp. soy or almond milk \*optional: pistachios or other nuts for topping

Cut open the avocado & scoop out the pit. Cut it into large chunks & put in the blender. Add the cocoa, maple syrup or honey & soy or almond milk. Blend, starting on low & then moving to high speed until it is smooth. If the avocado is larger, you will need a bit more of each ingredient. If it is too thick, drizzle in a bit more soy or almond milk. Add more cocoa or honey or agave to taste. Refrigerate the pudding & serve cold. Top with pistachios if desired.

## Storage Tips

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.

Clementines: Store unwashed in the crisper drawer of your refrigerator.

Beets - remove any of the tops (the green part). Make sure the roots are dry & unwashed. Place them in a separate zip lock bags & store in the fridge (do not store with any part of greens attached as they will pull moisture from the root). Beet greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

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.

Green Beans: Store unwashed green beans in a reusable container or plastic bag in the refrigerator crisper.

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

Eggplant: Punch some holes in a plastic bag. Wrap the eggplant in paper towel & place in the plastic bag. Store in the crisper drawer of the refrigerator.

## *Happy Holidays from Garden to Doorstep Organics*

### **Eggplant Parmesan**

\*1/2 cup flour \*1 large egg plus 1 egg white \*1 cup panko \*1/2 cup grated Parmesan cheese \*1/2 tsp. garlic powder \*salt & pepper \*1 tbsp. olive oil \*1 eggplant \*1 16-18 oz. pkg. cheese ravioli \*1 cup jarred marinara sauce, warmed \*shredded mozzarella for serving  
Heat oven to 450°F. Line a large baking sheet with non-stick foil. Place the flour on a plate & beat the egg & egg white in a shallow bowl. In a second shallow bowl, combine the panko, Parmesan, garlic powder, 1/2 tsp. salt & 1/4 tsp. pepper, then toss with olive oil. Cut the eggplant into long 1/2-inch-thick sticks. Coat the eggplant sticks in flour, then coat in the panko mixture, pressing gently to help it adhere. Transfer to the prepared baking sheet & roast, turning half way through until golden brown, 15 to 18 minutes. Meanwhile, cook the ravioli as label directs. Drain, divide among plates & top with the sauce. Cut the eggplant sticks into pieces & scatter on top of the ravioli. Serve with shredded fresh mozzarella, if desired.

### **Brown Sugar Glazed Beets**

\*3 Tbsp. dark brown sugar \*2 Tbsp. orange juice \*1 Tbsp. unsalted butter \*1/4 tsp. salt \*1/4 tsp. pepper \*3 cups steamed cubed beets (1/2-1 inch cubes)  
Combine brown sugar, orange juice, butter, salt & pepper in a large nonstick skillet. Cook over medium heat until the sugar & butter are melted & starting to bubble. Stir in beets & cook until most of the liquid has evaporated & the beets are coated with glaze, 6 to 8 minutes. Serve hot or warm.  
Tip: How to Prep & Steam Beets: Peel the skin with a vegetable peeler. Cut beets into 1/2- to 1-inch-thick cubes. To steam on the stovetop: Place in a steamer basket over 1 inch of boiling water in a large pot. Cover & steam over high heat until tender, 10 to 15 minutes. To steam in the microwave: Place in a glass baking dish, add 2 Tbsp. water, cover tightly & microwave on High until tender, 8 to 10 minutes. Let stand, covered, for 5 minutes.

### **Easy Pickled Beets**

\*1# beets \*1/2 cup white vinegar \*1/4 cup sugar \*1/4 tsp. salt \*1/2 tsp. black peppercorns \*2 bay leaves  
Leave root & 1-inch stem on beets; scrub with a brush. Place in a medium saucepan; cover with water. Bring to a boil. Cover, reduce heat & simmer 45 minutes or until tender. Drain & rinse with cold water; drain. Cool slightly. Trim off beet roots; rub off skins. Thinly slice beets; place in a large bowl. Combine vinegar & sugar in a small saucepan. Bring to a boil; cook 5 minutes. Remove from heat; stir in salt, peppercorns & bay leaves. Pour vinegar mixture over beets; cover & chill. Discard bay leaves.

### **Simple Green Beans**

\*1 tsp. oil & butter \*1# green beans, ends trimmed \*3/4 cup vegetable broth \*salt & pepper to taste  
In a large 12-inch nonstick skillet, heat the oil or butter over medium heat. Add the green beans & cook for 2-3 minutes, stirring often, to crisp up the edges of the beans just slightly. Pour in the broth & bring the beans/broth to a simmer. Cover the skillet & cook anywhere from 6-10 minutes, depending on how tender you like your green beans. Keep an eye on the skillet – if it is simmering too vigorously & the liquid evaporates out, add a bit more as needed. Season with salt & pepper to taste & serve immediately.

**“Maybe Christmas doesn’t come from a store,  
Maybe Christmas means a little bit more”**

The Grinch