

Potatoes & Garlic Mushrooms

*4 Tbsp. butter or margarine *1 head medium garlic *2 cups baby potatoes *2 cups mushrooms *1/2 tsp. dried rosemary *1/2 tsp. dried basil *3 Tbsp. soy sauce *salt and pepper
Wash potatoes thoroughly & place them in a small pot. Add water enough to cover the top. Pour in 2 Tbsp. of soy sauce. Boil potatoes for 10-15 minutes or just until cooked. Do not overcook potatoes. Check by poking one with a toothpick. If it comes through easily then it should be done. Cut potatoes into quarters. In a pan or skillet, melt butter over medium heat & sauté garlic until tender. Add potatoes & mushroom & cook until edges are browned. Add rosemary & basil & 1 Tbsp. soy sauce & season with salt & pepper as needed. Remove from pan & transfer to a serving dish.

Chickpea Salad

FOR THE SALAD *2 (15-oz.) can chickpeas, drained & rinsed *1 medium cucumber, chopped *1 bell pepper, chopped *1/2 red onion, thinly sliced *1/2 cup chopped olives 1/2 cup crumbled feta *salt & pepper to taste
FOR THE LEMON PARSLEY VINAIGRETTE *1/2 cup olive oil *1/4 cup white wine vinegar *1 Tbsp. lemon juice *1 tsp. dried parsley *1/4 tsp. red pepper flakes *salt & pepper to taste
In a large bowl toss together chickpeas, cucumber, bell pepper, red onion, olives & feta. Season with salt & pepper.
In a jar fitted with a lid, combine olive oil, vinegar, lemon juice, parsley & red pepper flakes. Shake until emulsified, then season with salt & pepper. Dress salad with vinaigrette & serve.

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Savory Mushroom Stew

* 1 med Yellow Onion (chopped) *1 med Carrot (diced) *1/3 cup Vegetable Broth *1 8oz. container of mushrooms *1/4 tsp. Thyme *1/4 tsp. Sage *1 dash Cayenne Pepper *1 Tbsp. Tomato Paste *1 can Diced Tomatoes (15oz) *1 Tbsp. Flour *1/2 cup Red Wine *1 1/2 cups Vegetable Broth *2 med Potato (diced) *2 cloves Garlic (minced) *1 Tbsp. Soy Sauce (low sodium) *1/2 tsp Red Wine Vinegar *1 dash Salt & Pepper (to taste)
Sauté onion & carrot in 1/3 cup veg broth until softened & lightly browned. Season with salt & pepper. Remove to separate bowl. Add mushrooms to pot & cook over med heat until reduced. Add thyme, sage, & pepper & stir to combine. Add tomato paste & tomatoes & simmer for 3-4 minutes. Sprinkle on flour & mix well. Stir the onions back into the pot. Add Red Wine & mix well. Add remaining Veg Broth, potato & garlic & simmer until potato has softened. Season with soy sauce & red wine vinegar.

Pepper, Potato & Corn Soup

*2 cups frozen corn & 2 bell peppers, diced *1 onion, finely chopped *1 clove garlic, finely chopped *2 Tbsp. olive oil *5 cups veggie broth *4 cups peeled potatoes cut into 1/2-inch cubes
In a large saucepan over medium heat, soften the peppers, onion & garlic in the oil. Season with salt & pepper. Add the broth, potatoes & corn. Bring to a boil. Reduce the heat, cover & simmer gently until the potatoes are tender, about 25 minutes. In a blender, purée 1/3 of the soup until smooth. Return the purée to the saucepan, stir & adjust the seasoning. Reheat before serving if desired.

Roasted Carrots with Thyme & Parsley

* 1 1/2 - 2 pounds carrots, peeled quartered or cut into sixths lengthwise depending on the size, then into 2-inch lengths *3 Tbsp. olive oil *salt & pepper to taste *1/2 tsp. dried thyme *1/2 tsp. oregano *1 Tbsp. dried parsley
Preheat the oven to 400 degrees. Oil a sheet pan or a baking dish large enough to fit all of the carrots in a single layer. Place the carrots in a large bowl & toss with the olive oil, salt, pepper, thyme & oregano. Spread in an even layer in the prepared pan or baking dish. Cover with foil & place in the oven for 30 minutes. Uncover, & if the carrots are not yet tender, turn the heat down to 375 degrees & return to the oven for 10 to 15 more minutes until tender. Add the parsley, stir gently & taste & adjust salt & pepper. Serve hot, warm or at room temperature.

Storage Tips

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

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

Potatoes - Store in a well-ventilated area so they stay fresh longer. Do not refrigerate. Place them in a metal basket or rack, a wooden crate or a cardboard box with holes. Keep out of sunlight & in a cool, dark & slightly humid place, like a basement, unheated closet or cupboard.

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

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.

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.

Carrots - 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). Carrot greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.