

# Garden to Doorstep Organics

[garden doorsteporganics.com](http://garden doorsteporganics.com) 5-21-18

## Spaghetti Squash Hash Browns

\*1/2 of a medium pre-cooked spaghetti squash \*1/4 cup of chives \*1/4 tsp. garlic powder \*1 egg \*salt & pepper \*1/2 cup cheddar cheese (or vegan cheese)

Remove the spaghetti squash from the skin. Taking large handfuls of the squash in your hands, squeeze the squash a few good times over the sink to release excess water. Place in a large bowl. Add to the squash the chives, garlic powder, salt & pepper & egg. Stir thoroughly. In a greased skillet, cook the squash mixture over medium heat, stirring frequently, for about 10 minutes. The squash is done when it is golden brown. Immediately top with the cheddar cheese (or vegan cheese) & ENJOY!!

OR Use flax seed as a substitute for the egg. Here's how. \*1 Tbsp. flaxseed meal \*1 1/2 Tbsp. water

Add flaxseed meal & water to a dish & stir. Let rest for 5 minutes to thicken. Add to recipes in place of 1 egg.

It's not an exact 1:1 substitution in every recipe because it doesn't bind & stiffen during baking quite like an egg does. This works very well in pancakes, quick breads, brownies, muffins, cookies & many other recipes.

## Baked Carrot Fries

\*2 pounds carrots \*1 Tbsp. olive oil \*salt & pepper

Preheat oven to 425 degrees. Peel and slice carrots into french fry shaped pieces (about 1/2" x 1/2" x 3"). Toss carrots with olive oil, salt & pepper. Arrange carrots in a single layer on baking sheet. Bake for 10 minutes then flip each carrot fry. Continue to bake until fully cooked & slightly crispy, about an additional 10 minutes. Serve immediately with your favorite sauce!

## Green Beans with Mushrooms

\*1/2 pound green beans, cut into 1/2 inch pieces \*2 carrots, cut into thick strips \*2-3 Tbsp. olive oil \*1 onion, sliced \*1 tsp. salt \*1/2 tsp. seasoned salt \*1/4 tsp. garlic salt \*1/4 tsp. white pepper \*mushrooms, sliced

Place green beans & carrots in 1 inch of boiling water. Cover & cook until tender but still firm. Drain. Sauté onions & mushrooms in olive oil until almost tender. Reduce heat, cover & simmer 3 minutes. Stir in green beans, carrots, salt, seasoned salt, garlic salt, & white pepper. Cover & cook for 5 minutes over medium heat.

## Spaghetti Squash with Parmesan and Mushrooms

\*2 pounds spaghetti squash \*2 Tbsp. olive oil \*2 cups mushrooms, cut bite size \*2 cloves garlic, finely chopped \*1 Tbsp. fresh Thyme \*1/4 cup grated Parmesan cheese \*1 tsp. dried parsley \*salt & pepper

Preheat oven to 380 degrees. In a deep skillet (or large pan), add olive oil, garlic & thyme. Cook for 2 minutes over high heat & add mushrooms. Cook until mushrooms are golden brown (about 7-8 minutes). Turn off the heat & set aside. Put the spaghetti squash on a baking tray & pierce the skin a few times using a knife. Bake for about 1 hour, until squash can be pierced with a knife. Alternatively, you can microwave the spaghetti squash. Instructions are at the bottom. Take squash out of the oven & let cool to room temperature. Cut in half & get rid of the seeds. Use a fork to scrape the squash into strings. Add squash to the skillet (or pan), turn the heat to high & quickly fry with mushrooms. Sprinkle parmesan while sautéing for a minute. Turn the heat off, top with parsley & season with salt and pepper. Serve. (To microwave squash: Place spaghetti squash on a microwave safe plate or other microwave safe container covered with a damp cloth or paper towel. Place the cut side down (skin facing up). Microwave on high for 10 minutes. Take the spaghetti squash out of the microwave & shred with a fork. If the squash is still hard, microwave for another 2-3 minutes, or until tender).

## Thai Cucumber Salad

\*1/3 cup rice vinegar \*2 Tbsp. sugar \*1/2 tsp. toasted sesame oil \*1/4 to 1/2 tsp. red pepper flakes \*1/2 tsp. salt \*2 cucumbers \*4 Tbsp. finely minced onions \*1/4 cup chopped peanuts

In a small bowl, combine the rice vinegar, sugar, sesame oil, red pepper flakes, and salt. Set the dressing aside to give it time to blend.

Peel and slice the cucumber using your favorite method (see photos below for my technique). Place the sliced cucumbers in a large bowl.

Chop the peanuts into smaller pieces, if desired. Slice the green onions.

Add the dressing, peanuts, and green onions to the sliced cucumbers. Stir to combine. Serve immediately or refrigerate until ready to eat. Give the salad a brief stir before serving to redistribute the dressing and flavors.

## Storage Tips

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

Apples - Place them in the crisper drawer in a plastic bag with holes in it or cover the apples with a damp paper towel.

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.

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.

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

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

Spaghetti Squash: Store squash in a cool, dry place. Cut squash should be tightly wrapped in plastic wrap and refrigerated.