

### Carrot Salad with Lemon Dijon Vinaigrette

\*1 pound carrots, peeled \*2 tsp. Dijon mustard \*1 Tbsp. lemon juice \*1 ½ Tbsp. vegetable oil \*1 ½ Tbsp. olive oil \*1-2 tsp. honey \*heaping ¼ tsp. salt \*1/4 tsp. pepper \*1 Tbsp. dried parsley \*1 Tbsp. onion, finely chopped

Grate the carrots in a food processor. Set aside. In a salad bowl, combine the Dijon mustard, lemon juice, honey, vegetable oil, olive oil, salt & pepper. Add the carrots, parsley & onions & toss well. Taste & adjust seasoning if necessary. Cover & refrigerate until ready to serve.

### Mango & Raspberry Salad

\*3/4 cup cranberry juice \*1 Tbsp. sugar \*1 ripe mango \*raspberries \*vanilla ice cream or yogurt

In a small pan, bring the cranberry juice & sugar to a rolling boil, then remove from the heat & leave to cool. Meanwhile, peel & thinly slice the mango. Place into a large bowl with the raspberries. Pour the cranberry syrup over, then spoon into bowls.

Serve with scoops of ice cream or yogurt.

### Carrot Chickpea Salad

\*1 lemon, finely zested & juiced \*1 tsp. ground coriander \*1/8 tsp. cayenne pepper \*salt \*olive oil \*1 pound carrots, coarsely grated \*2 cans chickpeas, rinsed \*1/2 cup golden raisins \*1/2 cup roasted, unsalted cashews, coarsely chopped \*1/3 cup coarsely chopped cilantro

In a large bowl, combine the lemon zest & juice, coriander, cayenne & 1 1/4 tsp. salt. Whisk in the olive oil. Stir in the carrots, chickpeas, raisins, cashews & chopped cilantro; toss to coat. Let stand for 5 minutes. Top with the cilantro leaves.

### Grilled Portobello Mushrooms

\*2-3 portobello mushrooms \*1/4 cup canola oil \*3 Tbsp. chopped onions \*4 cloves garlic, minced \*4 Tbsp. balsamic vinegar

Clean mushrooms & remove stems, reserve for other use. Place caps on a plate with the gills up. In a small bowl, combine the oil, onion, garlic & vinegar. Pour mixture evenly over the mushroom caps & let stand for 1 hour. Grill over hot grill for 10 minutes. Serve immediately.

### Roasted Carrot & Beet Salad with Pistachios

\*3-4 beets, julienned \*4 carrots, julienned \*2 Tbsp. olive oil \*2 tsp. honey \*1 tsp. white wine vinegar \*2 tsp. Dijon mustard \*juice of ½ lemon \*salt & pepper \*3 Tbsp. raw shelled pistachios, chopped

Preheat oven to 425 degrees. Place the julienned carrots & beets on a cookie sheet & toss with 1 Tbsp. olive oil & the 2 tsp. honey. Sprinkle with salt & pepper. Roast for 15-20 minutes. Remove from oven & let cool. While cooling, whisk 1 Tbsp. olive oil, white wine vinegar, Dijon mustard & lemon juice. Once vegetables are at room temperature, in a bowl, place the roasted vegetables & toss with the dressing. Serve with pistachios sprinkled on top.

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## Storage Tips

**Raspberries** - Store loosely in a shallow container in the fridge. Do not wash them until ready to eat.

Mangoes: If a mango is ripe, it will give slightly when you press on it. If the mango is ripe, place in a plastic bag and refrigerate. Keep unripe mangoes at room temperature & then refrigerate in plastic bag once ripe. To speed up ripening, place mangoes in a paper bag at room temperature.

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

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.

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.

Onions - Store in a dark, cool, well-ventilated area. Punch holes in a paper bag (if you have a hole punch, that works great). Place onions in the bags and paperclip them closed. Store in a basement or any other darker, cooler place. Do not refrigerate them.