

## ***Tomato & Roasted Carrot Soup***

\*2-3 tomatoes, diced \*2 large carrots, peeled & cut into chunks \*1/2 onion, cut into chunks \*4 cloves garlic, unpeeled \*2 Tbsp. olive oil \*1/4 tsp. red pepper flakes \*4 cups vegetable broth \*salt & pepper \*optional-reduced fat Greek yogurt

Heat oven to 375 °. Arrange tomatoes, carrots, onion & garlic on a heavy duty sheet tray, drizzle with oil & season with salt, pepper & red pepper flakes. Roast for 50-55 minutes, flipping occasionally, until tender & browned in spots. Add the vegetable broth to a large saucepan & bring up to a simmer (reserving 1/3 cup). Remove sheet tray from oven, add tomatoes, the garlic slipped out of its skin, carrots & onions into saucepan & set the sheet tray over two burners on medium high heat. Add the reserved 1/3 cup vegetable broth to the bottom of the sheet pan & scrap up any browned spots with the back of a wooden spoon. Add the liquid to the saucepan along with a bay leaf & simmer for 10 minutes so the flavors can marry. Remove bay leaf & puree until smooth using an immersion blender. Serve with a dollop of Greek yogurt, if desired.

## ***Sautéed Carrots***

\*1 ½ to 2 pounds carrots \*1 tsp. salt \*1/4 tsp. pepper \*2 Tbsp. unsalted butter \*1 ½ tsp. dried dill or parsley  
Peel the carrots & cut them diagonally in 1/4-inch slices. Place the carrots, 1/3 cup water, the salt & pepper in a large (10- to 12-inch) sauté pan & bring to a boil. Cover the pan & cook over medium-low heat for 7 to 8 minutes, until the carrots are just cooked through. Add the butter & sauté for another minute, until the water evaporates & the carrots are coated with butter. Off the heat, toss with the dill or parsley. Sprinkle with salt & pepper & serve.

## ***Marinated Tomato, Onion & Cucumber Salad***

\*1 cup water \*1/2 cup white vinegar \*1/4 cup vegetable oil \*1/4 cup sugar \*2 tsp. salt \*1 Tbsp. pepper \*2-3 cucumbers, peeled & sliced ¼ inch thick \*3 tomatoes, cut into wedges \*1 onion sliced & separated into rings

Whisk water, vinegar, oil, sugar, salt & pepper together in a large bowl until smooth. Add cucumbers, tomatoes & onion and stir to coat. Cover bowl with plastic wrap; refrigerate at least 2 hours.

*“If we had no  
winter, the  
spring would  
not be so  
pleasant”*

Anne Bradstreet

## ***Tomato Zucchini Bake***

\*2-3 zucchini, chopped \*2 tomatoes, diced \*2 cloves garlic, minced \*olive oil for drizzling \*salt & pepper \*1/3 cup grate parmesan cheese

Preheat oven to 350°. In a large bowl, combine zucchini, tomatoes, garlic & a drizzle of olive oil. Season with salt & pepper & toss to coat. Transfer vegetables to a small baking dish, then sprinkle with Parmesan. Bake until golden, 33 to 35 minutes.

## ***Simple Greek Pasta Salad***

\*16 oz. short pasta (rotini, bow ties, penne) \*1 cucumber, diced \*2 tomatoes, diced \*1 pepper, diced \*1/2 cup sliced, pitted olives \*1/2 cup feta cheese, cubed \*1/3 cup onion, diced

Dressing: 1 cup bottled Greek vinaigrette dressing or

\*1/4 cup red wine vinegar \*1/3 cup olive oil \*1/2 tsp. garlic powder \*1 tsp. oregano \*salt & pepper

Whisk together dressing ingredients. Cook pasta al dente according to package directions. Rinse under cold water. Combine all ingredients in a large bowl. Add dressing & toss. Refrigerate at least 2 hours before serving.

*Garden to Doorstep Organics*

## *Storage Tips*

Watermelon: A ripe watermelon will have a yellowish-white resting spot, opposed to a white or pale green spot (where the melon rested on the ground). If it is not yet ripe, give it a few days. Also, a soft “give” when you press the blossom end of the melon (opposite the stem end), indicated ripeness. Store watermelon in the refrigerator & once cut, be sure to wrap in plastic or foil & store in refrigerator.

Apples: Store in the crisper drawer of your refrigerator.

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.

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.

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.

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