

# Garden to Doorstep Organics

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## Delicious Fingerling Potatoes

\*1 pound fingerling potatoes \*3 Tbsp. grated Parmesan cheese \*3 tsp. dried parsley \*2 Tbsp. olive oil \*1 tsp. dried rosemary, crushed \*1 Tbsp. butter, melted \*1/4 tsp. salt \*1/4 tsp. pepper

Preheat oven to 425°. Place potatoes in a large saucepan & cover with water. Bring to a boil. Reduce heat; cover & cook 10 minutes.

Drain. Transfer to a greased 15x10x1-in. baking pan. Combine the remaining ingredients; drizzle over potatoes & toss to coat.

Bake, uncovered, 8-10 minutes or until tender, stirring once.

## Spaghetti Squash Lasagna with Cauliflower

\*1 spaghetti squash, cut lengthwise & seeded \*1 Tbsp. olive oil \*1 head cauliflower, chopped \*4 cloves garlic, minced \*1/4 tsp. crushed red pepper (optional) \*2 Tbsp. water \*1 cup shredded mozzarella cheese \*1/4 cup shredded Parmesan cheese \*3/4 tsp. Italian seasoning \*1/2 tsp. salt \*1/4 tsp. pepper

Position racks in upper & lower thirds of oven; preheat to 450°F. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes.) Meanwhile, heat oil in a large skillet over medium heat. Add cauliflower, garlic & red pepper (if using); cook, stirring frequently, for 2 minutes. Add water & cook, stirring, until the cauliflower is tender, 3 to 5 minutes more. Transfer to a large bowl. Use a fork to scrape the squash from the shells into the bowl. Place the shells in a broiler-safe baking pan or on a baking sheet. Stir ¼ cup mozzarella, 2 tablespoons Parmesan, Italian seasoning, salt & pepper into the squash mixture. Divide it between the shells; top with the remaining ¼ cup mozzarella & 2 Tbsp. Parmesan. Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high & broil, watching carefully, until the cheese starts to brown, about 2 minutes.

## Roasted Cauliflower with Garlic & Peppers

\*1 medium cauliflower \*4-5 mini peppers \*4-8 cloves of garlic (depending on your taste) \*2 tsp. seasoning salt \*1 Tbsp. dried thyme \*black pepper \*2 Tbsp. olive oil

Line a cookie sheet with Aluminum foil. Set the oven at 450. Cut Cauliflower into bite sized pieces. Cut garlic into chunks (don't mince it or it will burn). Cut peppers into 1" squares. Put all the vegetables on cookie sheet. Sprinkle with spices, drizzle with oil. Use your hands to make sure all is coated lightly with oil. Bake for 20 min turn once at halftime.

## Smashed Avocado, Mini Peppers & Pepper Jack Quesadillas

\*2 sprouted grain tortillas \*4 ozs. Pepper Jack cheese, thinly sliced \*1 tsp. olive oil \*4-5 mini peppers, thinly sliced \*1/2 onion, thinly sliced \*1/2 avocado, mashed \*salt & pepper  
Line a baking sheet with foil. Toss mini peppers & onions in olive oil & season with salt & pepper. Place under broiler for 10-15 minutes until peppers & onions start to char. Alternatively you can sauté them with a little bit of oil in a medium skillet. Spray skillet or griddle generously with nonstick cooking spray & place over medium heat. Lay tortilla in the skillet. Add pepper jack slices on the bottom, then peppers & onions. Spread smashed avocado over the second tortilla then place (avocado side facing down) on the cheese & pepper mixture. Once the tortilla is golden brown on the first side, flip the quesadilla over to the other side & cook until the second is golden. Place on cutting board, then use a pizza cutter or large knife to cut into 6 triangles. Serves 2.

## Excellent Balsamic Vinaigrette

\*1/2 cup oil \*1/2 cup balsamic vinegar \*1 tsp. honey \*1 tsp. Dijon mustard \*1 finely chopped onion \*1 clove garlic, minced \*salt & pepper to taste \*fingerling potatoes, cut into bit sized pieces \*romaine lettuce

Combine the olive oil, balsamic vinegar, honey, Dijon mustard, onion, garlic, salt & pepper together in a glass jar with a lid. Replace lid on the jar & shake vigorously until thoroughly combined. Cook the potatoes until tender. Serve the potatoes on the romaine lettuce & drizzle with dressing. Yum!

## 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.

Plums: Put them in the crisper section of the refrigerator.

Cauliflower - Store, stem-side down in a plastic bag in the refrigerator (stem-side down prevents moisture from collecting in the florets & possibly causing the head to spoil).

Fingerling 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.

Mini 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.

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

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