

## Storage Tips

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.

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

Carrots - Make sure the roots are dry & unwashed. Place them in a zip lock bags & store in the fridge.

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

Red 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.

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

Sweet Potatoes - Store at cool room temperature, preferably in a dark place away from light. Do not refrigerate.

# Garden to Doorstep Organics

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## Spaghetti Squash Burrito Bowls

\*1 spaghetti squash \*1/2 Tbsp. oil \*1/2 can black beans, drained & rinsed \*1/2 jar of salsa \*1 Tbsp. olive oil \*1 bell pepper, cored & sliced \*1/2 onion, sliced \*2 cup corn kernel, frozen & defrosted \*1 jalapeno, cored & sliced (optional) \*3 green onions sliced (optional) \*1/2 tsp. cumin \*salt & pepper \*1/2 cup shredded cheddar cheese

Preheat the oven to 375°F & line a cookie sheet with foil. Wash the spaghetti squash & then slice off the stem at the top (if it is too hard to cut, try cutting a few slices in it and microwaving it for 5 minutes to help soften it). Cut squash in half lengthwise & then use a spoon to scrap out the seeds & the darker yellow strands to which the seeds are attached. Rub a little bit of oil on the inner edges of the squash & then place each half face down on the baking sheet. Roast in the oven for 30-45 minutes, depending on the size (longer for larger squash). You can test to see if it's done by scraping the inside with a fork. Strands should come loose as you scrape all the way down to the flesh. While the squash is roasting, prepare the filling. Warm 1 Tbsp. oil in a large pan over medium heat. Sauté the onion for a few minutes & add the peppers & jalapeno. Sprinkle with salt, pepper & cumin & cook to desired softness. When the squash is done cooking, allow it to cool for a few minutes before handling. Turn the oven to broil. Scrape the inside of the squash & begin stuffing. Scrape about 3/4 of the inside out onto a dish & then layer the filling inside (black beans & corn, peppers & onion, then salsa). Top with the spaghetti squash & press down. Then add another layer of filling. Sprinkle green onion on top & finish with shredded cheese. Broil in the oven for about 5 minutes so that the cheese is bubble & golden brown.

## Grilled Sweet Potatoes

\*2 sweet potatoes, cut into 1 inch cubes \*2 Tbsp. Butter \*2 Tbsp. brown sugar \*1 tsp. ground cumin \*1/4 tsp. cayenne pepper \*salt & pepper

Preheat an outdoor grill for medium-high heat & lightly oil the grate. Divide the sweet potato cubes in half & place each half in the center of a rectangle of aluminum foil. Top each portion with about half of the butter. Sprinkle about half of the brown sugar, cumin & cayenne pepper over each portion. Season with salt & pepper. Fold the corners of the aluminum foil together & seal to form a pouch around each portion. Cook on the preheated grill, turning pouches every 10 minutes, until the potatoes are tender & cooked through, 20 to 30 minutes.

## Quinoa Stuffed Bell Peppers

\*1 cup quinoa \*5-6 Tbsp. olive oil \*3-4 cloves garlic, minced \*1/2 onion, chopped \*1 tsp. cumin \*1/2 cup tomato sauce \*1 ¼ cup vegetable broth \*1 cup shredded cheddar cheese \*bell peppers  
In a medium size pot heat 1-2 Tbsp. olive oil over medium heat. Sauté the garlic & onion until the onions begin to soften (about 2 minutes). Rinse the quinoa. Add the quinoa to the hot pot. Cook for one minute. Pour in the vegetable broth & tomato sauce, season with cumin. Cover the pot, reduce the heat to a simmer & cook for 15 minutes. Preheat the oven to 400°F. Cut the bell peppers in half & remove the seeds & veins. Rub the peppers with 4-5 Tbsp. olive oil. These don't need a lot of oil because as they roast they will start giving off their own juices. Bake for 10-12 minutes. Once the quinoa is cooked & the peppers have softened fill each pepper with the quinoa mixture. Bake for 10-12 minutes. During the last two minutes of cooking, add the cheese to the tops of the peppers. These are great served with black beans on the side.

## Parmesan Zucchini Foil Packs

\*1/8 cup unsalted butter, melted \*1/8 cup grated Parmesan cheese \*1/2 tsp. dried basil \*1;2 tsp. dried oregano \*salt & pepper \*2 zucchini, cut into ¼ inch thick rounds \*1/8 tsp. crushed red pepper flakes \*1 tsp. dried parsley  
Preheat a gas or charcoal grill over high heat. Whisk together butter, Parmesan, basil & oregano; season with salt & pepper, to taste. Center zucchini on a sheet of Foil. Spoon butter mixture over zucchini. Bring up foil sides. Double fold top & ends to seal packet, leaving room for heat circulation inside. Place foil packets on the grill & cook until just cooked through, about 15-20 minutes. Serve immediately, garnished with red pepper flakes & parsley, if desired.

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*"If you keep good food in your fridge, you will eat good food."*

Erick McAdams

## Simple Sweet Potato & Carrot Soup

\*2 Tbsp. olive oil \*1 onion \*2 carrots \*3 small sweet potatoes \*3/4 tsp. ground thyme \*1 bay leaf \*2 ½ cups vegetable bouillon \*1/2 cups rice (optional if you like a thicker soup) \*salt & pepper

Chop all veggies to the same sizes for even cooking. Cook veggies in olive oil on low heat for 10 minutes, stirring occasionally. Add veggie bouillon, bay leaf, thyme & salt & pepper to taste. Turn up heat & cook for 15 minutes. Add rice here is desired. Place all contents except bay leaf in a blender. Blend until the veggies are at a smooth consistency.