

Avocado Tomato Salad

*1/4 small onion, chopped *1 Tbsp. dried cilantro *lime juice *2 Tbsp. olive oil *1/2 tsp. red pepper flakes *salt & pepper to taste (If you would like, you can also add in 1/2 cup chickpeas, 1/2 cup black beans, 1/2 cup feta or cubed mozzarella)

In a large salad bowl, place the tomatoes, avocado & cilantro. Drizzle with olive oil, lime juice, pepper flakes & salt & pepper to taste. Gently toss. Serve immediately or cover with plastic wrap in fridge for up to 2 hours.

Tomato, Kale & Lemon Spaghetti

*14 ozs. spaghetti or linguine *2 tomatoes *zest of 2 lemons *7 Tbsp. olive oil *2 tsp. salt *1 bunch kale *parmesan cheese (optional)
Fill & boil a kettle of water & get all your ingredients & equipment together. You need a large, shallow pan with a lid. Put the pasta into the pan. Quickly chop the tomatoes in half & throw them into the pan. Grate in the zest of both lemons & add the oil and salt. Add about 1 quart/1 liter of boiling water, put a lid on the pan & bring back to a boil. Remove the lid & simmer on high heat for 6 minutes, using a pair of tongs to turn the pasta every 30 seconds or so as it cooks. Meanwhile, remove any tough stalks from the kale or spinach & coarsely tear the leaves. Once the pasta has had 6 minutes, add the kale & continue to cook for a further 2 minutes. Once almost all the water has evaporated, take the pan off the heat & tangle the pasta into four bowls. If you like, top with a little Parmesan.

Grilled Parmesan Broccoli

*3 cups of broccoli *1 1/4 Tbsp. lemon juice *1 Tbsp. olive oil *1/4 tsp. salt *1/8 tsp. pepper *1/3 cup grated Parmesan cheese

Place broccoli in large bowl. Combine next four ingredients, drizzle over broccoli & toss to coat; let stand for half an hour. Spray grill rack before preparing grill for indirect heat. Toss broccoli again & drain marinade; place Parmesan in large ziploc bag & shake broccoli, a few pieces at a time, with the cheese to coat. Grill broccoli, covered, over indirect medium heat for 8-10 minutes on each side or until crisp-tender.

Summer Cucumber, Tomato & Onion Salad

*3 Tbsp. rice vinegar *1 Tbsp. canola oil *1 tsp. honey *1/2 tsp. salt *1/2 tsp. pepper *2 medium cucumbers *2-3 tomatoes, cut into 1/2 inch wedges *1 onion, halved & very thinly sliced *1 Tbsp. dried parsley or chives

Whisk vinegar, oil, honey, salt & pepper in a large shallow bowl. Remove alternating stripes of peel from the cucumbers. Slice the cucumbers into thin rounds. Add the cucumber slices, tomatoes & onion to the dressing; gently toss to combine. Let stand at room temperature for at least 30 minutes & up to 1 hour. Just before serving, add herbs & toss again.

Apple Cider Vinegar Cucumber Salad

*2 cucumbers *1/8 cup onion, finely chopped *1 tsp. sugar or sugar substitute *1/4 cup apple cider vinegar *1/2 tsp. basil *1/2 tsp. celery seed *1/4 cup olive oil *salt & pepper to taste
Slice cucumbers & place in a large bowl. Mix remaining ingredients together in a small bowl. Pour oil & vinegar over cucumbers. Toss to coat.

CHILL

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Storage Tips

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

Bananas - Store in a cool area. Do not refrigerate. Wrap the stems of the bananas with plastic wrap.

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.

Tomatoes - Do NOT refrigerate. Keep them at room temperature on the counter away from direct sunlight.

Broccoli - To **store**, mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate. You can also store unwashed broccoli in a plastic bag in the refrigerator.

Kale - Refrigerate in plastic bag; do not wash until ready to use.

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