

Braised Celery

*7-8 stalks celery, rinsed & trimmed, leaves chopped & reserved *1 Tbsp. unsalted butter *pinch of salt & pepper *1/2 cup veggie broth Peel any of the fibrous outer stalks of celery with a vegetable peeler & slice into 1-inch pieces on the bias. Heat the butter in a 10-inch sauté pan over medium heat. Once melted, add the celery, salt & pepper & cook for 5 minutes until just beginning to soften slightly. Add the broth & stir to combine. Cover & reduce the heat to low. Cook until the celery is tender but not mushy, approximately 5 minutes. Uncover & allow the celery to continue to cook for an additional 5 minutes or until the liquid has been reduced to a glaze. Transfer to a serving dish & garnish with the reserved leaves.

Grilled Portobello Mushrooms

*2-3 Portobello mushrooms *1/4 cup canola oil *3 Tbsp. chopped onion *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. (These are great on a bun in place of a burger. Add tomatoes & onions on top of the sandwich & enjoy!)

Cucumber, Tomato & Onion Salad

*2 cucumbers, diced *1 pint cherry tomatoes, halved *1 medium onion, diced *1/2 cup Italian dressing Combine all ingredients together & store in an airtight container in the refrigerator for up to 7 days.

French Onion Grilled Cheese

*2 Tbsp. butter, softened *1 onion, sliced *1/2 tsp. dried thyme *1-2 Tbsp. red wine or veggie broth *salt & pepper *2 slices sourdough or crusty white bread *1/3 cup shredded Swiss cheese In a medium skillet melt 1 Tbsp. butter over medium-low heat. Add onions. Cook, uncovered, until tender & lightly browned, about 20 minutes, stirring occasionally. Carefully add wine (or broth) & thyme. Cook, stirring frequently, until most of the liquid has cooked off. Season to taste with salt & pepper. Remove from the heat and set aside. Place one slice of bread on work surface; top with Swiss cheese & caramelized onions. Top with remaining bread slice. Spread with half the remaining butter. Place, buttered side down, in a skillet over medium heat. Carefully butter top bread slice. Cook for 2 to 3 minutes per side or until cheese is melted.

“I cannot control everything in my life, but I can control what I put in my body”

Unknown

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Storage Tips

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

Honeydew Melons: Whole, ripe honeydew melons can be stored in a refrigerator. Once cut, honeydew melons should be sealed in an airtight container or wrapped tightly and stored in a refrigerator.

Celery: wrap the celery up tightly in aluminum foil, and place in the refrigerator crisper drawer

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

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

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.



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Referral Extravaganza

We are kicking off a super fun and exciting new promotion. Word of mouth and referrals are extremely important to our success at GTDO. We appreciate all the great things that you have said about us and all the people that you have referred already. Our new "Referral Extravaganza" is the biggest promotion that we have ever done.

For every subscription referral that you get us we will give you your next box for **Free**.

THAT IS RIGHT COMPLETELY **Free**.

Your name will also be put in a drawing. We are going to have a celebration every time we hit 50 new subscriptions. When we hit these levels we are going to have a party. The most exciting part of the celebration for you will be the fabulous drawings we will have. Free boxes will be given away and even subscriptions!! Every 50 subscriptions another party!

Thank you again for everything that you have done and let's have some fun!!!

