

## Storage Tips

Cantaloupe: Whole ripe melons can be stored in the refrigerator. Once cut, they should be sealed in an airtight container or wrapped tightly & stored in the refrigerator.

Kiwi: Store in the crisper drawer 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).

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

Sweet Potatoes – Store in the crisper drawer of the refrigerator.

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).

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

## Beet & Sweet Potato Chips

\*2 sweet potatoes \*2 beets \*1 clove garlic, minced \*1/3 tsp. dried rosemary \*2 Tbsp. salt \*10 cups vegetable broth

In a small bowl combine the garlic, rosemary & salt. Set aside. Warm the oil in a large pot over high heat to 350 degrees F. Meanwhile, trim 1-inch off the end of each sweet potato. Using the V-slicer or mandoline, slice the sweet potatoes into very thin slices, about 1/8-inch thick. Trim 1-inch off the root end of the beets. Using the V-slicer or mandoline slice the beets into very thin slices, about 1/8-inch thick. When the oil is hot add about a quarter of the sweet potato slices. Let fry until golden & the bubbling has almost completely subsided, about 2 to 3 minutes. Using a slotted spoon remove the chips to a paper-towel-lined baking sheet. Sprinkle with some of the garlic, rosemary & salt mixture. Continue with the remaining sweet potatoes. Transfer to a serving plate. Next, fry 1/4 of the beets. Let fry until curled at the edges & most of the bubbling has subsided, about 3 to 4 minutes. Transfer the beets to another paper-towel-lined baking sheet & sprinkle with salt mixture. Continue with the remaining beets.

## Pickled Beets

\*3-4 medium beets \*1/2 cup vinegar \*1/4 cup sugar \*3/4 tsp. whole cloves \*3/4 tsp. whole allspice \*1/4 tsp. salt

Scrub beets. Place in a Dutch oven; add water to cover. Bring to a boil. Reduce heat; simmer, covered, 25-30 minutes or until tender. Remove from water; cool. Peel beets & slice; place in a bowl & set aside. In a small saucepan, combine vinegar, sugar, cloves, allspice & salt. Bring to a boil; boil 5 minutes. Pour over beets. Refrigerate at least 1 hour. Drain before serving.

## Parmesan Spaghetti Squash & Zucchini with Pine Nuts

\*3 Tbsp. olive oil \*2-3 zucchini \* 4 cloves garlic \*1 spaghetti squash \*1 cup Parmesan cheese \*1/2 cup pine nuts \*salt & pepper

**How to cook spaghetti squash:** Preheat oven to 425 F. Cut the squash in 2 halves, scrape out the seeds & the fiber out of each half. Spray oil over the cut sides of the squash. Spray the baking sheet with oil & place the squash on the baking sheet cut side down. Bake for about 30-40 minutes. Remove it from the oven when it's cooked through & soft & let it cool. Flip the squash so that cut side faces up – that will speed up the cooling. After squash cools, scrape squash with a fork to remove flesh in long strands & transfer to a bowl.

**How to cook zucchini:** Heat olive oil in a large skillet on medium-high heat. Add sliced zucchini & minced garlic & sauté for about 3 minutes, stirring, on medium heat, uncovered. Season with salt, stir & continue cooking for another 3-4 minutes, covered, occasionally stirring, until zucchini softens & browns a bit. We are cooking it covered to preserve the juices. Add spaghetti squash to the skillet with zucchini and mix to combine, on low heat. Add Parmesan cheese into the skillet & stir on low heat to melt the cheese. Add salt & pepper, to taste. Top with toasted pine nuts.

## Beet Wedges - Roasted

\*1 pound beets, peeled \*4 tsp. olive oil \*1/2 tsp. salt \*1 tsp. dried rosemary

Preheat oven to 400°. Cut each beet into six wedges; place in a shallow dish. Add olive oil & salt; toss gently to coat. Place a piece of heavy-duty foil about 12 in. long in a 15x10x1-in. baking pan. Arrange beets on foil; top with rosemary. Fold foil around beets & seal tightly. Bake until tender, about 1 hour. Open foil carefully to allow steam to escape.

# Garden to Doorstep Organics

## Beet Hummus - Roasted

\*1 small roasted beet \*1 15 oz. can cooked chickpeas, mostly drained \*zest of 1 large lemon \*juice of 1/2 of the lemon \*pinch of salt & pepper \*2 cloves of garlic, minced \*2 Tbsp. tahini \*1/4 cup olive oil  
Preheat oven to 375. Wrap beet in foil, drizzle a bit of canola oil, wrap tightly & roast for one hour or until a knife inserted falls out without resistance. It should be tender. Set in fridge to cool. Once your beet is cooled & peeled, quarter it & place it in your food processor. Blend until only small bits remain. Add remaining ingredients except for olive oil & blend until smooth. Drizzle in olive oil as the hummus is mixing. Taste & adjust seasonings as needed, adding more salt, lemon juice or olive oil if needed. If it is too thick, add a bit of water. Will keep in fridge for up to a week.