

## Storage Tips

Pineapple: A pineapple can be stored whole in a plastic bag in the fridge for a few days. If you will not use it for 3 or more days, you should cut it into chunks and store it in an airtight container in the fridge. (You can also freeze it. Cut it into chunks, place chunks on a cookie sheet & place in freezer. Once frozen, put chunks into airtight container & freeze. Freezing first on a cookie sheets helps prevent the chunks from sticking together).

Apples: Store in the crisper drawer of the refrigerator.

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

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.

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.

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

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

## Avocado & Pineapple Salad

\*¼ cup thinly sliced red onion, separated into rings \*ice water \*2 avocados \*1 pineapple \*3 Tbsp. olive oil \*1 Tbsp. lime juice \*1/2 tsp. salt \*pepper  
Soak onion in a small bowl of ice water for 15 minutes to mellow the bite. Meanwhile, halve avocados & cut each half into slices. Peel pineapple, halve lengthwise into quarters, remove the core & cut each quarter crosswise into slices. Whisk oil & lime juice in a small bowl. Drain the onion and pat dry. Arrange half the avocado, pineapple & onion on a serving plate, sprinkle with ¼ teaspoon salt & drizzle with half the dressing; repeat the layers. Garnish with pepper, if desired.

## Cucumber, Avocado Salad

\*3 Tbsp. olive oil \*1 ½ Tbsp. red wine vinegar \*1 tsp. minced garlic \*1 tsp. dried oregano \*1/4 tsp. each salt & pepper \*2 cucumbers, sliced \*1 avocado, sliced \*1/2 cup feta cheese, crumbled \*1/4 of a red onion, thinly sliced  
In a medium bowl, whisk together the olive oil, vinegar, garlic, oregano, salt & pepper until combined. Add the cucumber slices, avocado, feta & onion slices into the dressing & toss well. Taste test & adjust salt & pepper, if desired. Serve immediately.

*“Snow provokes  
responses that reach  
right back to childhood”*

Andy Goldsworthy

## Sweet Potato, Avocado & Lettuce Salad

Sweet Potato: \*1 large sweet potato, cut into ¼ inch rounds \*1 Tbsp. water \*pinch of salt Dressing: \*1/4 cup sesame seed paste \*2 Tbsp. lemon juice \*1 Tbsp. maple syrup \*pinch of salt \*water Salad: \*4-5 cups lettuce \*1 avocado, cubed \*2 Tbsp. hemp seed (optional)  
Preheat oven to 375 degrees F & line a baking sheet with parchment paper. Add sweet potatoes, toss in a bit water & salt & spread into an even layer. Bake 15 minutes. Then flip/toss to ensure even baking. Bake 5-10 minutes more or until tender & golden brown. In the meantime, prepare dressing by adding sesame seed paste, lemon juice, maple syrup & salt to a small mixing bowl. Whisk to combine. Then add water a little at a time until a semi-thick, pourable dressing is achieved. Taste & adjust flavor as needed, adding more lemon for acidity, salt for saltiness, or maple syrup for sweetness. Set aside. Assemble salad by adding greens to a serving bowl and topping with roasted sweet potato & avocado. Sprinkle on hemp seeds (optional) & serve with dressing.

# Garden to Doorstep Organics

## Sweet Potato Southwest Lettuce Wraps

\*3 romaine hearts FOR SWEET POTATOES: 2 sweet potatoes, spiraled \*olive oil \*1 tsp. smoke paprika \*1 tsp. chili powder \*1/2 tsp. turmeric \*1/2 tsp. garlic powder \*1/8 tsp. cayenne (optional) FOR AVOCADO SAUCE: ½ avocado, mashed \*2 Tbsp. sour cream \*2 Tbsp. favorite salsa POSSIBLE TOPPING: \*1/2 cup corn \*1/2 cup black beans, rinsed \*crushed chili peppers  
Spiralize sweet potatoes, or cut them into small matchstick pieces. Grease stove top pan with a little extra virgin olive oil cooking spray, then add sweet potatoes & cook on burner over medium heat for approximately 5-7 minutes or until sweet potatoes noodles/matchsticks are tender. Add seasonings (smoked paprika, chili powder, turmeric, garlic powder, cayenne) about mid way through & stir well to incorporate. You could also cook these in the oven on 400 degrees, for 1-15 minutes {or longer for crispy pieces} flipping mid-way through cook time. Meanwhile, wash & prepare your lettuce leaves than pat dry with clean paper towel & set aside. Rinse & drain black beans & canned corn (or prepare ahead of time if cooking on stove top).  
For the avocado sauce, mix ½ ripe avocado with sour cream & salsa, stir well. Once sweet potatoes are cooked, remove from stove top {or oven} & allow to cool a few minutes. Assemble your lettuce wraps with a layer of avocado sauce, followed by cooked sweet potatoes & favorite toppings, serve!

## Sweet Potato Hash Stuffed Mushrooms

\*2 mushrooms \*1 ½ Tbsp. olive oil \*1/2 tsp. salt \*1/2 apple, peeled & diced \*1/4 cup chopped onion \*1/2 tsp. poultry seasoning \*1/4 cup walnuts, toasted \*1 tsp. dried parsley  
Preheat oven to 425°F. Remove the stems from the portobello mushrooms. Set the caps aside & chop the stems. Lightly brush the portobello caps with 1 Tbsp. oil. Sprinkle with ¼ tsp. salt & ¼ tsp. pepper. Place on a rimmed baking sheet & roast until soft, 10 to 15 minutes. Keep warm.  
Meanwhile, heat 1 Tbsp. oil in a large skillet over medium heat. Add sweet potato & water. Cover & cook, stirring occasionally, until just cooked through, 6 to 8 minutes. Uncover & stir in remaining oil, the chopped portobello stems, apple, bell pepper, onions, poultry seasoning & remaining salt & pepper. Cook, stirring, until soft, about 5 minutes. Stir in walnuts & parsley. Fill each mushroom cap with about 1 cup filling.