

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 sheet helps prevent the chunks from sticking together).

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

Carrots - remove any of the tops (the green part). Make sure the roots are dry & unwashed. Place them in 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). Carrot greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

Red Potatoes - Store in a well-ventilated area so they stay fresh longer. Do not refrigerate. Place them in a metal basket or rack, a wooden crate or a cardboard box with holes. Keep out of sunlight & in a cool, dark & slightly humid place, like a basement, unheated closet or cupboard.

Mini 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.

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.

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.

Vegetarian Stuffed Mushrooms

*mushrooms *3 mini peppers *1/4 medium onion *1/2 tsp. oregano *3 Tbsp. breadcrumbs *2 Tbsp. Parmesan cheese, grated *1 Tbsp. dried parsley *1 Tbsp. olive oil *1/4 tsp. salt *1/8 tsp. pepper

Preheat oven to 400 F. Clean the mushrooms & gently remove the stems. Place the mushrooms stem side down on a baking sheet & bake until the liquid leaks out of them. Then place the mushrooms stem side down on some paper towels to soak up any additional liquid. Chop up about half the mushroom stems in very small pieces. Chop the onion & baby peppers. Heat 2 Tbsp. of olive oil in a skillet. Add the mushrooms stems, peppers & onion to the skillet & sauté. Add the oregano, salt & pepper. Sauté for about 5 minutes until pepper & onion are tender. Transfer the stuffing to a bowl & let it cool a bit. Add the parsley, breadcrumbs & Parmesan cheese & mix well. Place the mushrooms stem side up on the baking sheet & fill them with the stuffing, generously. Bake for 15 minutes. Serve warm.

Pan Roasted Broccoli

*2 bunches broccoli, cut into florets *2 Tbsp. olive oil *3 cloves garlic, minced *1/2 tsp. dried thyme *1/2 tsp. dried oregano *salt & pepper *1/3 cup freshly grated Parmesan
Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Place broccoli florets in a single layer onto the prepared baking sheet. Add olive oil, garlic, thyme & oregano. Season with salt & pepper, to taste. Gently toss to combine. Place into oven & bake for 12-15 minutes, or until tender. Serve immediately, sprinkled with Parmesan.

Sheet Pan Breakfast

*2# red potatoes, halved *2 Tbsp. olive oil *1/4 cup grated Parmesan *3 cloves garlic, minced *1 tsp. Italian seasoning *salt & pepper *2 Tbsp. unsalted butter *4 large eggs
Preheat oven to 400 degrees F. Line a baking sheet with parchment paper. Place potatoes in a single layer onto the prepared baking sheet. Add olive oil, Parmesan, garlic & Italian seasoning. Season with salt & pepper, to taste. Gently toss to combine. Place into oven & bake for 20-25 minutes, or until golden brown and crisp. Remove from oven & stir in butter until melted, about 1 minute. Create 4 wells; add eggs, gently cracking the eggs throughout & keeping the yolk intact. Place into oven & bake until the egg whites have set, an additional 8-12 minutes. Serve immediately.

Asian Broccoli & Roasted Carrots

*3 Tbsp. reduced sodium soy sauce *1 Tbsp. brown sugar, packed *2 tsp. sesame oil *1 tsp. rice vinegar *1 tsp. Sriracha, or more to taste *16 ozs. carrots, thinly sliced *1 Tbsp. olive oil *3 cloves garlic, minced *about 3 cups broccoli florets *2 tsp. sesame seeds
Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray. In a small bowl, whisk together soy sauce, brown sugar, sesame oil, rice vinegar & Sriracha; set aside. Place carrots in a single layer onto the prepared baking sheet. Drizzle with olive oil & sprinkle with garlic.
Place into oven & bake for 20-25 minutes, or until tender. Stir in broccoli during the last 7-10 minutes of cooking time. Stir in soy sauce mixture & gently toss to combine. Serve immediately, garnished with sesame seeds, if desired.

"I really regret eating healthy today"

Said No One – Ever

Brown Sugar & Cinnamon Carrots

*2# carrots, halved lengthwise *2 Tbsp. olive oil *salt & pepper *1/4 cup unsalted butter *1/4 cup brown sugar, packed *zest of 1 orange *1 tsp. molasses *1/4 cup tsp. ground cinnamon *pinch of ground nutmeg
Preheat oven to 375 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Place carrots in a single layer onto the prepared baking sheet. Add olive oil, salt & pepper, to taste. Gently toss to combine. Place into oven & bake for 10-12 minutes, or until just tender. In a small saucepan over medium heat, combine butter, brown sugar, orange zest, molasses, cinnamon & nutmeg, stirring constantly, until sugar is dissolved & mixture is bubbly, about 4-5 minutes. Reduce heat; stir in carrots & cook, stirring occasionally, until glazed & heated through, about 3-4 minutes. Serve immediately, garnished with reserved tops, if desired.