

Garden to Doorstep Organics

Vegetable Pasta Salad

*12 ozs. bow tie pasta *2 yellow squash *1 medium broccoli crown *1/2 onion *15 oz. jar roasted red peppers *1 Tbsp. dried parsley
Vinaigrette *1/4 cup vegetable oil *1/4 cup olive oil *1/3 cup red wine vinegar *1 Tbsp. Dijon mustard *1 tsp. dried oregano *1 tsp. garlic, minced *3/4 tsp. salt *pepper
Bring a large pot of lightly salted water to a boil. Add the pasta & boil for 5-7 minutes or until tender. Drain in a colander. While you're waiting for the pasta water to boil & the pasta to cook, prepare the vegetables (squash, broccoli, onion, parsley, red pepper). Give the vegetables a good wash & then cut into bite sized pieces. While the pasta is cooling, prepare the vinaigrette. In a small bowl whisk together the vegetable oil, olive oil, red wine vinegar, Dijon mustard, oregano, minced garlic, salt & pepper. Combine the cooked pasta, chopped vegetables & vinaigrette. Stir until everything is well mixed & coated with vinaigrette. Serve immediately or refrigerate until ready to eat.

Chocolate Pomegranate Seeds

*2 pomegranates *1 (12 oz.) bag semi-sweet chocolate chips *wax paper
Refrigerate the pomegranates (not required, but it helps). Remove all the seeds & place in a colander. Rinse the seeds & lay them out on paper towels to dry. Lay out a large sheet of wax paper on a cookie sheet which will fit inside your refrigerator. Place chocolate chips in a glass container & microwave them until they have melted, being careful the chocolate does not burn or get tough. Make sure the pomegranate seeds are dry & then add them to the melted chocolate. Fold gently with rubber spatula until the seeds are thoroughly covered, then spoon out globs of the mixture, whatever size you like, on to the wax paper. Place the wax papered cookie sheet in the refrigerator & let the chocolate-covered seeds cool overnight. (They should last for 3-4 days if you keep them refrigerated).

Irish Mashed Potatoes & Cabbage

*5 potatoes *1 head cabbage, chopped *3 leeks, sliced *1 cup soy (or regular) milk *1/4 tsp. nutmeg (optional) *salt & pepper to taste
Place potatoes in a large pot & add enough water to cover the potatoes. Bring to a boil & cook for at least 20 minutes, or until potatoes are tender. In a separate pot, boil the cabbage in water for 15 minutes. Drain & set aside. In another pot or skillet, cook leeks in milk until tender, about 15 minutes. When potatoes are done cooking, mash them together with leeks, soy milk, nutmeg, salt & pepper. Add cabbage & stir to combine. Add more salt & pepper to taste & enjoy!

Creamy Potato Leek Soup

*1 1/2 Tbsp. olive oil *1 Tbsp. butter *1 small onion, diced *3 leeks, cleaned & thinly sliced *5 potatoes, peeled & chopped *2-3 cloves garlic, minced *1 tsp. salt *pepper *1 tsp. dried thyme *1/2 tsp. dried rosemary *1/2 tsp. ground coriander *6 cups vegetable broth *2 bay leaves *2 Tbsp. fresh lemon juice *1 cup regular milk or unsweetened plant based milk (canned coconut or soy).
Make sure leeks are washed well first. Heat the oil & butter in a large pot, over medium heat. Add a pinch of salt to the oil. Add the leeks & onion, sauté until softened, about 3-5 minutes. Add the potato, garlic, salt, pepper & spices (except the bay leaf). Sauté to release the flavors of the garlic & spices, about 2-3 minutes. Stir often to keep vegetables from sticking. (If it starts to stick, add a touch of oil or vegetable broth) Add the vegetable broth & bay leaf, bring to a boil. Reduce heat to a low simmer & cook for about 15-20 minutes, or until the potatoes are tender. You can pierce them with a fork to test for tenderness. Remove from heat & remove bay leaves. Stir in the milk & lemon juice. Add more salt to taste. Using an immersion blender, blend until smooth & creamy. You can also use a regular blender & carefully blend in batches. (Topping ideas: chopped onion, pieces of cooked potato, parsley, pepper).

Pasta with Yellow Squash

*1 pound farfalle pasta *1/4 cup olive oil *1/2 tsp. minced garlic *2 yellow squash, sliced thinly *1/4 tsp. red pepper flakes *salt to taste *1/2 cup grated parmesan cheese *1 tsp. dried basil
In a large pot bring some salted water to a boil. Add the farfalle pasta & cook uncovered over high heat, al dente, according to package directions. While the pasta is cooking, heat olive oil in a large sauté pan over medium heat. Add the garlic & cook for 30 seconds to 1 minute. Add the squash, red pepper & salt. Cook until squash starts to soften, around 6-8 minutes. When pasta is done, reserve 1/2 cup of the pasta water, then drain the pasta. Add the pasta, cheese, basil & the reserved cooking water to the pan with the squash. Stir together over the heat until well combined. Transfer the pasta to serving plates.

Pomegranates

Don't be afraid of pomegranates. They taste great. The seeds are delicious on their own. Simply remove the seeds & eat them as they are. They are great added to drinks, such as sparkling cider, iced tea, soda, champagne etc. They are also delicious on top of a salad or a desert such as ice cream or yogurt. They are great with olives or on top of dips. Also check out the Chocolate Pomegranate seeds recipe above.

To remove the seeds: Roll the fruit first to loosen the seeds. Score around the middle & tear it open into halves. Hold each half over a bowl, seeds facing down & tap the skin with a wooden spoon, squeezing a little to release the seeds.

Alternatively, score 4 lines from top to bottom to quarter the pomegranate. Submerge the pomegranate in a bowl of water & pull apart the quarters, releasing the seeds with your hands. The pith will float & the seeds will sink. Remove the pith & discard, then drain the seeds.

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).

Pomegranates: Store whole pomegranates in plastic bags in the refrigerator. You can also store just the seeds in a plastic bag in the refrigerator for up to 3 days. To freeze, place seeds in a single layer on trays and freeze. Transfer to airtight container & freeze.

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.

Leeks - Refrigerate leeks in a plastic bag. Do not wash them until ready to use. Leeks can be easily frozen for later use in soups, stews or casseroles. To freeze: wash & chop leeks, 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.

Cabbage: Store the cabbage head whole in your crisper drawer until you use it. Do not wash it. Leave the outer leaves on as they protect the more delicate inner leaves (discard the outer leaves before you use it). If you do not use the entire cabbage at one time, after you cut it, wrap the remaining cabbage in plastic wrap & return to the fridge. If stored well, cabbage can last for weeks in your fridge.

Yellow Squash: Store in the crisper drawer of your refrigerator. Wash just before use.