

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).

Kiwi: Store in the in 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.

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.

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

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.

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

Garden to Doorstep Organics

Jalapeno Roasted Potatoes

*1 ½ pounds potatoes, cubed *1/4 cup olive oil *3 jalapenos, sliced into ¼ inch slices & seeded *salt & pepper
Preheat the oven to 450°. Place a rimmed nonstick baking sheet in the oven to preheat. In a bowl, toss the potatoes with the oil & jalapeños & season with salt & pepper. Transfer the potatoes to the baking sheet, turning them cut side down. Roast on the upper rack for about 35 minutes, until the potatoes are tender & golden & serve.

Southwest Cheesy Spaghetti Squash Bake

*1 spaghetti squash *1 1/2 Tbsp. olive oil *3/4 cup chopped red onion *3 cloves garlic, minced *1 jalapeno pepper, seeded & minced *1/2 Tbsp. cumin *1/2 Tbsp. oregano *1/2 Tbsp. chili powder *salt and pepper *1 (15 oz.) can black beans, rinsed & drained *1 cup frozen corn, thawed *juice from 1 lime *1 cup grated sharp cheddar cheese *sour cream & chopped cilantro, for serving, if desired
Preheat your oven to 375°F. Take a fork & prick holes all over the squash. Place the squash on a cookie sheet & roast for 45-50 minutes, flipping midway through. Allow to cool for about 15 minutes before cutting into it. Slice the squash in half, lengthwise. Remove the seeds & use a fork to pull the “spaghetti” strands away from the sides. Scoop the squash spaghetti into a large bowl & set aside. In a large skillet, heat the olive oil over medium-high heat. Add the red onion, garlic, jalapeno & red peppers. Cook, stirring, for 2-3 minutes until the veggies begin to soften a bit. Stir in the cumin, oregano, chili powder. Sauté’ another minute, Season with salt & pepper, to taste. Stir in the beans, corn & lime juice. Cook for another minute, stirring, until well combined & warmed through. Add the bean mixture to the bowl with the squash. Stir until well combined & season with salt & pepper if needed. Spray a 2-quart baking dish with nonstick spray. Pour the squash mixture into the dish. Sprinkle with the cup of cheddar cheese. Bake, at 375* for 5-10 minutes, until the cheese is melted & the dish is warmed through. Serve with sour cream & chopped cilantro, if desired.

Health benefits of Jalapenos

- Low in calories (1 cup is only 27 calories)
- Can help improve immune system (1 serving contains 66% of vitamin C)
- Can help fight cancer
- Can provide migraine relief
- Helps as an anti-inflammatory

Jalapeno Tomato Salsa

*2-3 tomatoes *1/2 onion *1 jalapeno *1 clove garlic *salt to taste
Rinse & de-stem the tomatoes. Roast the tomatoes in the oven at 400F for 20-30 minutes. Add the roasted tomatoes to a blender along with 1/2 onion, 1 garlic clove & only 1/4 of the jalapeno. Pulse blend until combined. Taste for heat level. Add another 1/4 of the jalapeno if you want additional heat. Keep adding additional quarters of the jalapeno until you find a heat level that works for your taste buds. Salt to taste. Serve immediately. Store leftovers in an airtight container in the refrigerator.

Cucumber Tomato Salad

*2-3 tomatoes, cut into wedges *1/2 cup sliced cucumber *1/2 Tbsp. minced jalapeno *1 Tbsp. fresh lemon juice *1/2 tsp. salt *1/8 tsp. pepper *1/2 Tbsp. dried basil
Combine tomatoes, cut into wedges, sliced cucumber, minced & seeded jalapeño, fresh lemon juice, salt & pepper in a large bowl. Cover & chill at least 1 hour. Garnish with basil.

Cucumber, Pineapple & Jalapeno Salad

*2 1/2 cups diced pineapple *1 cup diced cucumber *1 jalapeño, seeded & minced *1/4 cup diced red onion *1 Tbsp. dried cilantro *1 lime, juiced *Salt & pepper, to taste
In a large bowl, combine pineapple, cucumber, jalapeño, onion, cilantro, lime juice & salt & pepper, to taste. Serve immediately, or keep in the refrigerator for 15 minutes to let the flavors meld.