

## Avocado, Cucumber, Quinoa & Mini Pepper Salad

\*1 cup uncooked quinoa \*2 cups water \*3 cloves garlic, minced \*1/4 onion, chopped \*juice from 1/2 lime \*1/4 cup olive oil \*5-6 mini peppers, coarsely chopped \*1 Tbsp. dried cilantro \*2 avocados, cut into 1/2 inch cubes

Rinse quinoa under running water for 2-3 minutes. In a medium pot, boil water. Add quinoa & cover. Cook for 10-15 minutes until quinoa is fully cooked. Remove from heat, spread quinoa onto a large plate & let cool. Meanwhile, combine garlic, onion, lime juice & olive oil in a small bowl. Mix well & let it meld. In a large bowl, combine peppers, cucumber & cilantro. Once quinoa has cooled, add it to the bowl. Add mixture to quinoa & mix well. Add in avocados.

## Guacamole stuffed Mini Peppers

\*1 ripe avocado \*1/4 tsp. garlic powder \*1 tsp. dried cilantro \*squeeze of lime juice \*pinch of salt \*2 mini peppers, halved lengthwise & seeded  
Mash avocado, garlic powder, cilantro, lime juice & salt in a small bowl with a fork until chunky-smooth. Divide the guacamole among mini pepper halves (about 1 tablespoon each). Enjoy!

## Asian Sesame Orange Cauliflower

\*1 cauliflower, cut into florets \*2/3 cup water \*1/3 + 1 tsp. cornstarch \*1/3 cup flour \*3 Tbsp. oil \*2 Tbsp. sesame seeds \*4 cloves garlic, minced \*1 orange, zest only \*2 Tbsp. soy sauce \*2 Tbsp. vinegar \*1/4 cup orange juice \*1 tsp. brown sugar \*veg. oil for frying  
In a bowl, whisk together the water, 1/3 cup of corn starch, the flour, the sesame seeds, & 1 Tbsp. of the oil. Set aside. In a sauce pan, over medium heat, combine the remaining 2 Tbsp. of oil, minced garlic, orange zest & juice, soy sauce, brown sugar & vinegar. Bring to a slight boil. Stir 1 Tbsp. of cornstarch into 1 Tbsp. of water until dissolved. Whisk into the sauce & reduce heat to a very lower simmer. Next, heat the vegetable oil in a deep pot to 375 degrees. (You can also use a deep fryer if you have one.) Coat each cauliflower floret in the flour mixture. Carefully place each floret into the hot oil. Fry each piece until golden brown - about 3 minutes. Remove from the oil & allow to drain on a paper towel lined baking sheet. Once all of the pieces are fried, increase the temperature of the oil to 385 degrees and re-fry the nuggets of cauliflower for another 30-60 seconds. This will provide a deeper color & a better crunch. This step is completely optional! Plate the cauliflower & spoon the thick, hot sauce over top. Garnish with some sesame seeds. Serve immediately.

## Creamy Butternut Squash Linguine

\*2 Tbsp. olive oil \*1 tsp. dried sage \*2 pounds butternut squash, peeled, seeded & cut into 1/2 inch pieces (about 3 cups) \*1 medium onion, chopped \*2 cloves garlic, chopped \*1/8 tsp. red pepper flakes \*salt & pepper \*2 cups vegetable broth \*12 ozs. whole grain linguine or fettucine \*shaved parmesan (optional)  
Warm the oil in a large skillet over medium heat. Once the oil is shimmering, add the squash, onion, garlic, sage & red pepper flakes to the skillet. Season with salt and pepper. Cook, stirring occasionally, until the onion is translucent, about 8 to 10 minutes. Add the broth. Bring the mixture to a boil, then reduce the heat & simmer until the squash is soft & the liquid is reduced by half, about 15 to 20 minutes. In the meantime, bring a large pot of salted water to a boil & cook the pasta until al dente according to package directions, stirring occasionally. Reserve 1 cup of the pasta cooking water before draining. Once the squash mixture is done cooking, remove it from the heat & let it cool slightly. Transfer the contents of the pan to a blender, but keep the skillet handy. Purée the mixture until smooth (beware of hot steam escaping from the top of the blender), then season with salt & pepper. In the reserved skillet, combine the pasta, squash purée & 1/4 cup cooking liquid. Cook over medium heat, tossing & adding more pasta cooking water as needed, until the sauce coats the pasta, about 2 minutes. Season with more salt & pepper if necessary. Serve the pasta in individual bowls topped with salt, pepper & parmesan (if desired).

## Sautéed Mushrooms

\*3 Tbsp. olive oil \*3 Tbsp. butter \*1 pound mushrooms, sliced \*1 clove garlic, thinly sliced \*1 Tbsp. red cooking wine \*1 Tbsp. Teriyaki sauce, or more to taste \*1/4 tsp. garlic salt, or to taste \*pepper  
Heat olive oil & butter in a large saucepan over medium heat. Cook & stir mushrooms, garlic, cooking wine, teriyaki sauce, garlic salt & black pepper in the hot oil & butter until mushrooms are lightly browned, about 5 minutes. Reduce heat to low & simmer until mushrooms are tender, 5 to 8 more minutes.

## *Storage Tips*

Oranges: Store unwashed in the crisper drawer of your 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.

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).

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.

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.

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

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