

Chickpea, Tomato & Broccoli Salad

*1 lb. broccoli, separated into florets *2 Tbsp. red wine vinegar *1/2 onion, finely chopped *1 pint grape tomatoes, halved *1 Tbsp. Dijon mustard *2 Tbsp. olive oil *salt & pepper *1 can chickpeas, drained & rinsed

In a large saucepan with a steamer insert, bring 1 inch of water to a boil. Add broccoli, cover & steam until crisp-tender, 4 to 6 minutes. In a large bowl, whisk together mustard, red-wine vinegar, olive oil & onion; season with salt & pepper. Add tomatoes, chickpeas & broccoli. Toss to coat with dressing. Let cool 5 minutes. Serve at room temperature or chilled.

Avocado Salad with Tomatoes & Peppers

*1 tsp. olive oil *juice of ½ lime *1 clove garlic, minced *pinch of cayenne pepper *salt *1 avocado, halved & pitted *1/2 bell pepper, diced *6 grape tomatoes, halved *1/4 onion, thinly sliced *1 tsp. dried cilantro

In a small bowl, whisk together olive oil, lime juice, garlic & cayenne. Season with salt. Scoop out flesh from avocado halves, reserving shells & chop. Transfer to a bowl & add bell pepper, tomatoes, onion & cilantro. Drizzle with dressing & season with salt. Gently stir to combine. Spoon mixture into reserved shells. Serve immediately.

Easy Broccoli & Pasta

*6 ozs. uncooked pasta *3 cups broccoli florets *3 cloves garlic, smashed & chopped *1/8 cup grated Parmesan or Romano *1 Tbsp. olive oil *salt & pepper Bring a large pot of salted water to a boil. When water boils, add pasta & broccoli at the same time & cook according to pasta instructions for al dente. When pasta is almost done cooking, reserve about 1 cup of the pasta water & set aside. Drain pasta & broccoli. Return the pot to the stove & set heat to high; add 1 Tbsp. olive oil, when hot, add garlic. Cook until golden, reduce flame to low & add pasta back to the pot. Mix well, add remaining olive oil, grated cheese, salt & pepper to taste mixing well & smashing any large pieces of broccoli to break up. Add 1/2 cup of reserved pasta water & mix well adding more if needed. Serve with additional grated cheese on the side.

Quinoa Mango Salad

*2 cups quinoa, cooked *1/2 cup bell pepper *1 ½ cups black beans, drained *1 cup mango, diced *salt & pepper *1/4 cup vinaigrette
Place the cooked quinoa in a large bowl & add bell pepper, black beans, mango, salt & black pepper. Pour the homemade vinaigrette dressing over the quinoa salad & stir to combine. This salad is good served at room temperature or chilled. (Homemade vinaigrette: *1 tsp. garlic *1 tsp. Dijon mustard *2 Tbsp. lemon juice or white-wine vinegar *1/4 tsp. salt *1/4 tsp. pepper *6 Tbsp. olive oil
Finely mince a clove of garlic. Place in a salad dressing jar with the Dijon mustard. Pour the lemon juice into the mixture with salt & black pepper. Whisk to combine all the ingredients. Slowly pour olive oil, whisking as you go to mix. Taste to check the seasoning & it is done).

How to Cut a Mango

Holding the mango with one hand, stand it on its end, stem side down. Standing up the mango up like this you should be able to imagine the alignment of the flat, oval pit inside of it. With a sharp knife in your other hand, cut from the top of the mango, down one side of the pit. Then repeat with the other side. You should end up with three pieces: two halves & a middle section that includes the pit. Take a mango half & use a knife to make lengthwise & crosswise cuts in it, but try not to cut through the peel. Invert the mango half so that the cut segments are sticking out like a hedgehog. At this point you may be able to peel the segments right off of the peel with your fingers. Or, you can use a small paring knife to cut away the pieces from the peel. Take the mango piece with the pit, lay it flat on the cutting board. Use a paring knife to cut out the pit & remove the peel. You may be able to extract a little extra mango from around the pit.

Avocado & Mango Salad

*1 Tbsp. balsamic vinegar *1 Tbsp. lime juice *2 Tbsp. olive oil *2 mangoes, cubed *2 avocados, cubed *1/2 small onion, diced *salt & pepper
In a large serving bowl, whisk together vinegar, lime juice, salt & pepper to taste. Slowly whisk in oil. Toss in mangoes, avocado & onion to coat. Serve immediately.

Happy Mother's Day from
Garden to Doorstep Organics

Storage Tips

Mangoes: If a mango is ripe, it will give slightly when you press on it. If the mango is ripe, place in a plastic bag and refrigerate. Keep unripe mangoes at room temperature & then refrigerate in plastic bag once ripe. To speed up ripening, place mangoes in a paper bag at room temperature.

Bananas - Store in a cool area. Do not refrigerate. Wrap the stems of the bananas with plastic wrap.

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.

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.

Red 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.

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

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.