

## Cherry & Chocolate Grilled Cheese

\*1/2 cup cherries, pitted & halved \*1 tsp. balsamic vinegar \*1 Tbsp. butter \*2 slices bread \*1 1/2 ozs. brie (or your favorite cheese), room temperature \*1 oz. dark chocolate, chopped, room temperature  
Toss the cherries in the balsamic vinegar, place them on a baking sheet in a single layer & roast in a preheated 450F/230C oven for 15-20 minutes. Heat a pan over medium heat. Butter one side of each slice of bread, place one slice in the pan with buttered side down, top with half of the cheese, the chocolate, cherries, the remaining cheese & finally the other slice of bread with buttered side up. Grill until golden brown & the cheese & chocolate has melted, about 2-4 minutes per side.

## Garlic Roasted Green Beans & Mushrooms

\*green beans, trimmed & halved \*8 ozs. mushrooms, trimmed & halved \*8-10 whole garlic cloves, halved \*2 Tbsp. olive oil \*1 Tbsp. balsamic vinegar \*salt & pepper to taste  
Preheat oven to 450 degrees. Line a large rimmed baking sheet with foil & spray with non-stick cooking spray. Spread green beans, mushrooms & garlic in an even layer on the prepared baking sheet. In a small bowl, whisk together olive oil & balsamic vinegar. Drizzle over vegetables in pan and toss to coat evenly. Season with salt & pepper, to taste. Bake for 20-25 minutes, or until beans are tender-crisp.

## Mushroom & Roasted Cauliflower Pasta

\*1 head cauliflower cut into florets \*8 ozs. mushrooms, quartered \*1 Tbsp. olive oil \*salt & pepper to taste \*8 oz. fettuccine linguine (or your favorite pasta) \*4 oz. veggie bacon (we recommend Morning Star meatless bacon. It is delicious) \*4 cloves garlic, minced \*1/4 onion, finely chopped \*2 eggs \*1/2 cup Parmesan cheese \*salt, pepper & red pepper flakes, to taste \*1 tsp. dried parsley  
Preheat oven to 400 degrees, line a baking sheet with foil & set aside. Add the cauliflower & quartered mushrooms to a mixing bowl, drizzle in the oil, salt & pepper & toss to combine. Spread out onto the baking sheet & bake for 30 minutes, stirring halfway through. Start cooking the pasta as directed on the package. Cook Morning Star veggie bacon according to box instructions. In a mixing bowl, add the cheese, eggs, salt, pepper, red pepper flakes & parsley. Stir to combine & set aside. Add the garlic & onions & cook for 1 minutes, then turn off the heat. Drain the pasta, be sure to reserve about 1 cup of the cooking water. Temper your egg sauce by adding a splash of the pasta cooking water & stirring. Then add the sauce, roasted cauliflower & mushrooms, pancetta & drained pasta to the skillet. Toss to combine, stirring in some of the reserved pasta cooking water as needed, until creamy in texture. This is great with a salad.

## Sticky Sesame Cauliflower

\*1 small head cauliflower, chopped \*1/3 cup low sodium soy sauce \*1/4 cup maple syrup, honey or agave \*1/4 cup rice vinegar \*1Tbsp. minced garlic \*1 1/2 tsp. toasted sesame oil \*1/2 tsp. powered ginger \*1 1/2 Tbsp. cornstarch or arrowroot \*1/4 water \*sesame seeds for garlic  
Preheat your oven to 450 F. Grease a baking pan or line with parchment. Cut cauliflower into florets, then slice so one side of each floret is flat. Arrange in a single layer in the greased pan. Bake 10 minutes on the center rack. Meanwhile, whisk together the soy sauce, sweetener, vinegar, garlic, sesame oil & ginger in a saucepan. Bring to a boil. While waiting, stir together the cornstarch & water until cornstarch dissolves fully, then slowly whisk this into the saucepan as soon as it boils. Turn heat to medium & cook 2 minutes, stirring more frequently once it returns to a boil. Cook until thick. You can also make the sauce ahead of time if desired & it thickens more as it sits in the fridge. Flip cauliflower florets & bake 10 additional minutes. If desired, you can now move the pan to the top rack and broil 1-2 minutes. Pour sauce over florets. Sprinkle sesame seeds on top & serve.

## Bell Pepper

### Vinaigrette

\*1 bell pepper, seeded & cubed  
\*1/4 cup balsamic vinegar \*1/2 cup olive oil \*2 Tbsp. honey \*1 pinch salt \*1 pinch black pepper  
Place bell pepper, vinegar, olive oil, honey, salt & pepper into a blender. Puree until smooth. Serve over romaine lettuce with peppers & mushrooms.



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## Storage Tips

Cherries: Place cherries in a plastic bag and store in the refrigerator. Wash with cold water just before eating them.

Apricots: Store peaches and nectarines at room temperature until ripe — this usually takes 2 to 3 days. A ripe fruit will yield a bit when pressed gently. To speed up the ripening process, place nectarines or peaches in a paper bag and store at room temperature, out of direct sunlight. Once ripe, store them in the crisper drawer of 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).

Bell 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.

Green Beans: Store unwashed green beans in a reusable container or plastic bag in the refrigerator crisper.

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.