

Freedom

Mango Salad with Lime Honey Dressing

*2 cups salad mix *1 mango, peeled & sliced *1/4 cup cashew halves

FOR DRESSING: *2 Tbsp. olive oil *2 limes, juiced *2 Tbsp. honey

*salt & pepper

In a salad bowl, combine salad mix, mango slices & cashews; set aside. In a mixing bowl, whisk together olive oil, lime juice, honey, salt & pepper; whisk until thoroughly combined. Pour dressing over salad & gently toss it all together. Serve.

Cucumber Salad

*2 cucumbers *1/2 onion, thinly sliced *1/2 cup white vinegar *1/4 cup water *1/2 cup sugar *1/2 Tbsp. dried dill

Toss together the cucumbers & onion in a large bowl. Combine the vinegar, water & sugar in a saucepan over medium-high heat. Bring to a boil & pour over the cucumber & onions. Stir in dill, cover & refrigerate until cold. This can also be eaten at room temperature, but be sure to allow the cucumbers to marinate for at least 1 hour.

Thai Cucumber Salad

DRESSING: *1/3 cup rice vinegar *2 Tbsp. sugar *1/2 tsp. toasted sesame oil *1/4 to 1/2 tsp. red pepper flakes *1/2 tsp. salt

SALAD: 2 cucumbers *1/3 cup onion very finely chopped *1/4 cup chopped peanuts

In a small bowl, combine the rice vinegar, sugar, sesame oil, red pepper flakes & salt. Set the dressing aside to give it time to blend. Peel & slice the cucumber & place in a large bowl. Chop the peanuts into smaller pieces, if desired. Add the dressing, peanuts, & onions to the sliced cucumbers. Stir to combine. Serve immediately or refrigerate until ready to eat. Give the salad a brief stir before serving.

Baked Beet Chips

*2-3 beets, rinsed & scrubbed *olive oil *pinch of salt & pepper *1 tsp. dried rosemary
Preheat oven to 375 degrees F & place oven rack in the center of the oven. Thinly slice beets with a mandolin (or a sharp knife), getting them as consistently thin as possible. They should curl a little when cut. This will ensure even baking & crispiness. Divide between two baking sheets & spray or very lightly drizzle with olive oil. Add a pinch of salt, pepper & the rosemary. Toss to coat. Then arrange in a single layer, making sure the slices aren't touching. Bake for 15-20 minutes or until crispy & slightly brown. Be sure to watch closely past the 15 minute mark as they can burn quickly. Remove from oven. Let cool. Then serve.

Beet Salad with Goat Cheese

*3-4 beets, scrubbed, trimmed & cut in half *1/3 cup chopped walnuts *3

Tbsp. maple syrup *salad mix *1/2 cup frozen orange juice concentrate

*1/4 cup balsamic vinegar *1/2 cup olive oil *2 ozs. goat cheese

Place beets into a saucepan & fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain, cool & cut in to cubes. While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm & starting to toast, then stir in the maple syrup. Cook & stir until evenly coated. Remove from the heat & set aside to cool. In a small bowl, whisk together the orange juice concentrate, balsamic vinegar & olive oil to make the dressing. Place a large helping of salad mix onto each of four salad plates, divide candied walnuts equally & sprinkle over the greens. Place equal amounts of beets over the greens & top with dabs of goat cheese. Drizzle each plate with some of the dressing.

Beet Salad

*2-3 beets *1/2 small red onion, finely chopped *3 Tbsp. mayo *1/4 tsp. salt *1/4 tsp. sugar *3/4 Tbsp. vinegar
Boil beets with skin on about 1 hr. or until easily pierced with a fork. Larger beets may take longer. Let cool in cold water or at room temp. Once cool enough to handle, peel the beets skin by rubbing it with your hands. Use kitchen gloves to keep from staining your hands with beets. It's easiest to use a mandolin to cut beets into matchsticks or julienne slices. Again, use gloves if slicing by hand. Place your sliced beets in a large bowl & top with the red onion. Add the salt, sugar, vinegar & mayo to taste. Stir everything together.

Garden to Doorstep Organics

Storage tips

Pears - Store at room temperature until ripe — to hasten ripening, place pears in a paper bag at room temperature. Once ripe, place pears in a plastic bag and refrigerate.

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.

Grapes: Store them unwashed in a plastic bag in the refrigerator.

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.

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.

Carrots & Beets - remove any of the tops (the green part). Make sure the roots are dry & unwashed. Place them in a separate zip lock bags & store in the fridge (do not store with any part of greens attached as they will pull moisture from the root). Carrot & Beet greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

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