

# Garden to Doorstep Organics

## Roasted Carrots

\*1 lb. carrots, peeled, quartered & then cut into 2" lengths \*1 ½ Tbsp. olive oil \*salt & pepper \*1/4 tsp. dried thyme \*1/4 tsp. dried oregano \*1/2 tsp. dried parsley

Preheat oven to 400 degrees. Oil a pan or baking dish large enough to fit all of the carrots in a single layer. Place the carrots in a large bowl & toss with the olive oil, salt, pepper, thyme & oregano.

Spread in an even layer in the baking dish. Cover with foil & place in the oven for 30 minutes.

Uncover, & if the carrots are not yet tender, turn the heat down to 375 degrees & return to oven for 10-15 more minutes or until tender. Add parsley, stir & taste. Adjust salt & pepper as needed. Serve hot, warm or at room temp.

## Bok Choy Chips

(If you like kale chips, give these a try)

\*Bok Choy \*1/2 tsp. olive oil \*salt

Heat oven to 325F degrees. Cut bottoms off bok choy leaves, leaving the green tops. If leaves are large, tear leaves in half. (Reserve stems for another use, in a fresh salad or stir-fry.) Place leaves in a large mixing bowl. Add small amount of olive oil – just enough to lightly coat the leaves, but not make them soggy. Place leaves in a single layer on a nonstick baking sheet, spreading leaves out if they are folded. Using your thumb & forefinger, sift a few grains of salt over the leaves. Truly, just a few grains. Bake for about 6 minutes. Remove tray from oven & remove any individual chips that are crispy & done. Those that have more stem on them may need another minute or so back in the oven. Watch closely.

## Garlic Mashed Cauliflower

\*1 head cauliflower, cut into florets \*1 Tbsp. olive oil \*1 clove garlic, smashed \*1/4 cup grated parmesan cheese \*1 Tbsp. reduced-fat cream cheese \*1/2 tsp. salt \*1/8 tsp. pepper Place a steamer insert into a saucepan & fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover & steam until tender, about 10 minutes. Meanwhile, heat olive oil in a small skillet over medium heat. Cook & stir garlic until softened; about 2 minutes. Remove from heat. Transfer half the cauliflower to a food processor. Cover & blend on high. Add remaining cauliflower florets, one at a time, until vegetables are creamy. Blend in garlic, Parmesan cheese, cream cheese,

## Bok Choy with delicious Miso dressing

\*1 bunch bok choy \*olive oil \*3 Tbsp. toasted sesame seeds \*1/4 cup red miso paste \*2 Tbsp. sugar or honey \*1 Tbsp. rice vinegar \*1/2 tsp. soy sauce

Grilling turns bok choy stems tender and smoky while crisping the leaves. Slice bok choy in half lengthwise, toss it in olive oil & grill, turning once, until lightly charred on both sides, about 6 minutes per side. In a small food processor, briefly pulse sesame seeds. Add miso paste, sugar, vinegar, soy sauce & 5 Tbsp. water; pulse until smooth. Drizzle over the grilled bok choy.

## Garlic & Lemon Sautéed Bok Choy

\*bok choy \*1 ½ tsp. olive oil \*3 cloves garlic, minced \*pinch of crushed red pepper flakes \*salt \*half of a lemon, cut into wedges

Wash bok choy & cut in half. Add the oil, garlic & red pepper flakes to a skillet. Place over medium heat & cook, stirring occasionally, until the oil begins to bubble around the garlic, but before the garlic starts to turn light brown. Toss in the bok choy & spread into one layer. Sprinkle with about 1/4 tsp. of salt then cook, without stirring, until the bottom is starting to turn brown, about 2 minutes. Flip then cook another 2 minutes or until the green leaves have wilted & the white bottoms are beginning to soften, but still have some crunch. Transfer to a platter then squeeze 2 lemon wedges on top. A teaspoon or so of olive oil is nice, too. Serve with more lemon wedges on the side.

## Cesar Vinaigrette

\*2 Tbsp. white wine vinegar \*1 Tbsp. Dijon mustard \*1 Tbsp. balsamic vinegar \*1 tsp. white sugar \*1/2 tsp. Italian seasoning \*1/4 tsp. salt \*1/8 tsp. ground black pepper \*2/3 cup olive oil \*1 clove garlic, minced \*½ cup shredded Parmesan cheese

Stir the white vinegar, Dijon mustard, balsamic vinegar, sugar, Italian seasoning, salt & black pepper together in a bowl. Gradually whisk in the olive oil to make a thickened vinaigrette mixture. Stir in the garlic. Add Parmesan cheese just before serving. Chop cauliflower, celery & carrots & mix with lettuce. Pour dressing over the salad & enjoy!

## Storage Tips

Apples - Place them in the crisper drawer in a plastic bag with holes in it or cover the apples with a damp paper towel.

Grapes: Store them unwashed 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).

Carrots with greens – Remove the greens from the carrots & store them separately. 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). Pat the greens dry with a paper towel. Wrap the greens in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

Celery: wrap the celery up tightly in aluminum foil, and place in the refrigerator crisper drawer

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.

Bok Choy: Store bok choy in a plastic bag in the crisper section of your refrigerator. Wash immediately before serving.