

Zucchini Fried with Ranch Dipping Sauce

*2 zucchini *1 egg white *1/4 cup milk *1/2 cup shredded Parmesan cheese
*1/2 cup seasoned breadcrumbs *vegetable cooking spray

Preheat oven to 425 degrees. Cut zucchini into 3 inch sticks. Whisk an egg white in a small bowl & add milk. Combine Parmesan cheese & seasoned bread crumbs in a separate bowl. Dip zucchini sticks into egg mixture & roll into breadcrumb mixture. Coat a baking sheet with cooking spray & place zucchini on the sheet. Bake for 25-30 minutes or until golden brown.

Sauce: *1/4 cup plain nonfat Greek yogurt *1 1/2 tsp. dry ranch dressing mix *1 tsp. milk Combine these ingredients. How easy! Dip & enjoy!

Garden to Doorstep Organics llc

Sweet Potato Health Benefits

- ♥ They are high in B12, which can help reduce heart attacks.
- ♥ They are a good source of vitamin C, which helps ward off cold & flu viruses & helps maintain youthful skin elasticity.
- ♥ They contain vitamin D which plays an important role in our energy levels, moods & helps build healthy bones, skin & teeth.
- ♥ They contain iron which helps with red & white blood cell production, resistance to stress & to maintain proper immune functioning.
- ♥ They contain potassium which helps regulate heartbeat & nerve signals.
- ♥ Their natural sugars are slowly released into the bloodstream & do not cause blood sugar spikes that other foods do that lead to fatigue & weight gain.
- ♥ They are high in beta carotene which helps ward off cancer & protects against the effects of aging. Source: Care2.com

Toaster Sweet Potatoes

This is one of the easiest & best ways to make sweet potatoes. Kids just love this.

Cut the sweet potatoes into 1/4 inch slices. Place the slices into your bread toaster multiple times until they are as crispy as you like. Top with your favorite toppings & enjoy. We love it topped with cream cheese & berries or peanut butter & honey.

Pasta with Mushrooms

*1 (8 oz.) pkg. whole wheat penne *1/4 cup olive oil *2 cloves garlic *1 pkg. mushrooms, sliced *S&P *1 Tbsp. butter *1/2 tsp. parsley *1/4 grated Parmesan cheese

Cook pasta per pkg. instructions. Heat the oil in a large skillet over medium heat & cook the garlic & mushrooms until tender. Add the butter & S&P. In a large bowl, toss the pasta & mushroom mixture. Sprinkle with Parmesan cheese & parsley to serve.

Oven Baked Sweet Potato Fries

*2 sweet potatoes, peeled & cut into 1/3 inch wedges *3 Tbsp. vegetable oil *1/2 tsp. salt *1/2 tsp. pepper *1/4 tsp. paprika *1/4 tsp. garlic powder

Position rack in upper 3rd of oven & preheat oven to 425 degrees. Spray baking sheet with non-stick spray. Place potatoes & oil in a large bowl & toss lightly. Sprinkle with salt, pepper & paprika. Arrange potatoes in a single layer on the prepared baking sheet. Be sure not to overcrowd. Bake until golden brown, stirring occasionally. Cook for 18-25 minutes.

Mediterranean Baked Sweet Potatoes

*2 sweet potatoes *1/2 can (15 oz. can) chickpeas, rinsed & drained *1/4 tsp. olive oil *1/4 tsp. each cumin, coriander, cinnamon, paprika *pinch of salt
Garlic herb sauce: *1/8 cup hummus *1 tsp. lemon juice *1/2 tsp. dried dill *2 cloves garlic, minced *water to thin

Toppings: 1/8 cup chopped tomatoes *1 Tbsp. dried parsley *1 Tbsp. lemon juice *chili garlic sauce (optional)

Preheat oven to 400 degrees & line a baking sheet with foil. Cut potatoes in half lengthwise. Toss chickpeas with olive oil & spices & place on the baking sheet. Rub the potatoes with olive oil & place face down on the same baking sheet. Roast in oven for 20-30 minutes. Meanwhile, prepare the sauce by placing all the ingredients in a mixing bowl & whisk to combine, only adding enough water to thicken so it is pourable. Taste & adjust seasonings as needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor. Prepare the parsley-tomato topping by tossing tomato & parsley with the lemon juice & set aside to marinate. Once sweet potatoes are fork tender & the chickpeas are golden brown,, about 25 minutes, remove from oven. For serving, slip the potatoes flesh side up & smash down the insides a little bit. Then top with chickpeas, sauce & tomato-parsley garnish.

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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.

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

Onions - Store in a dark, cool, well-ventilated area. Punch holes in a paper bag (if you have a hole punch, that works great). Place onions in the bags and paperclip them closed. Store in a basement or any other darker, cooler place. Do not refrigerate them.

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 container (you can use a plastic bag too). Store in the refrigerator.

Zucchini: Store in the crisper drawer of your refrigerator. Wash just before use.

Sweet Potatoes - store at cool room temperature, preferably in a dark place away from light. Do not refrigerate.