

Garden to Doorstep Organics



Baked Sweet Potatoes, Mediterranean Style

*3-4 medium sweet potatoes *1 (15 oz.) can of chickpeas (drained) *1/2 Tbsp. olive oil *1/2 tsp. each cumin, coriander, cinnamon & paprika *pinch of salt or lemon juice GARLIC HERB SAUCE *1/4 cup hummus *1 Tbsp. lemon juice *3/4 tsp. dried dill *3 cloves garlic, minced *water or unsweetened almond milk *salt to taste Optional topping: *1/4 cup tomatoes, diced *1/4 cup chopped parsley *2 Tbsp. lemon juice

Preheat oven to 400 degrees F & line a large baking sheet with foil. Cut potatoes in half length wise. This will speed cooking time. Otherwise leave whole & bake longer (approximately double the time (45 min - 1 hour). Toss chickpeas with olive oil & spices & place on a foil-lined baking sheet. Rub the sweet potatoes with a bit of olive oil & place face down on the same baking sheet. While the sweet potatoes & chickpeas are roasting, prepare your sauce by adding all ingredients to a mixing bowl & whisking to combine, only adding enough water or almond milk to thin so it's pourable. Taste & adjust seasonings as needed. Add more garlic, salt, lemon juice & dill as needed. Once sweet potatoes are fork tender & the chickpeas are golden brown - roughly 25 minutes - remove from oven. For serving, flip potatoes flesh-side up & smash down the insides a little bit. Then top with chickpeas, sauce & parsley-tomato garnish. Serve immediately.

Sweet Potato & Butternut Squash Curry

*2 tsp. vegetable oil *1 large onion, chopped *3 cloves garlic, crushed *1 butternut squash, cut into 1 inch cubes *2 sweet potatoes, cut into 1 inch cubes *2-3 tsp. curry paste (more or less depending on how spicy you like it) *1 tsp. turmeric *1 inch ginger, grated *2 bay leaves *2 cups veggie broth *salt & pepper

Heat the oil in a large saucepan & fry the onions for 4 - 5 minutes until golden. Add the garlic, squash & sweet potatoes. Stir in the curry paste, turmeric, ginger, bay leaves, broth & seasoning to taste. Bring to the boil, stir well & cover for 15 - 20 minutes until vegetables are cooked to liking. Stir occasionally. Serve with rice.

Cantaloupe & Cucumber Salad

*1 cucumber *1/4 cantaloupe *1/2 tsp. chili oil *1 tsp. rice vinegar *salt to taste *1 Tbsp. sugar *1 Tbsp. toasted sesame seeds

Cut the cucumber into quarters lengthwise then slice thinly & place into a bowl. Cut the cantaloupe into thin pieces the same size as the cucumber & place into the bowl. Season with the chili oil, rice vinegar, salt & sugar. Mix well then sprinkle with sesame seeds to serve.

Tomato & Cucumber Salad with Dill

*2 medium tomatoes, each cut into 8 wedges *1 cucumber, thinly sliced *1/4 cup finely chopped onion *1/4 cup rice vinegar *2 tsp. sugar *1/2 tsp. dried dill *1/4 tsp. salt

In large glass serving bowl, mix tomatoes, cucumbers & onion. In a small bowl, mix all remaining ingredients until blended. Pour vinegar mixture over vegetables; toss to mix. Cover & refrigerate 1 hour to blend flavors. Toss again just before serving. Serve with slotted spoon.

Parmesan Tomato & Zucchini

*1 zucchini, thinly sliced *2-3 tomatoes, thinly sliced *1/2 medium onion, chopped *1 clove garlic, minced *1/4 cup shredded Parmesan cheese *salt & pepper *oregano

Preheat oven to 350 F. Sauté onions until translucent. Add minced garlic & sauté for 30 seconds. Transfer 1/3 of the mixture to the bottom of a medium round casserole dish. Layer the tomatoes & zucchini in a circle by alternating a layer of 2 zucchini slices and 1 tomato slice until the dish is filled.

Top with remaining onion-garlic mixture. Drizzle with olive oil & sprinkle with salt, pepper & oregano to taste. Top with the shredded Parmesan cheese. Bake the Parmesan zucchini & tomato gratin in a preheated oven for about 35 minutes, or until lightly browned.

Storage Tips

Blueberries - Store loosely in a shallow container in the fridge. Do not wash them until ready to eat.

Cantaloupes: Whole ripe melons can be stored in the refrigerator. Once cut, melons should be sealed in an air-tight container or wrapped tightly & stored in the refrigerator.

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

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

Butternut Squash: Store squash in a cool, dry place. Cut squash should be tightly wrapped in plastic wrap and refrigerated.

Sweet Potatoes: Store in the crisper drawer of the refrigerator.

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