

# Garden to Doorstep Organics

## **Green Beans & Cherry Tomatoes**

\*green beans \*1 Tbsp. butter \*3/4 tsp. garlic salt \*1 Tbsp. sugar \*1/2 tsp. basil \*salt & pepper \*1/2 pink cherry tomatoes, cut in half

Cook beans in water, until tender. In a fry pan, melt butter & add garlic salt, sugar, basil, salt & pepper.

Swish cherry tomato halves around until barely soft & heated, but not squishy.

Add the drained beans and mix well.

“Nature does not hurry,  
yet everything is accomplished”

*Lao Tzu*

## **Blueberry Skillet Cake**

\*1 cup flour \*1 cup sugar \*1 cup milk (or non-dairy milk) \*1/2 cup butter \*1 pint blueberries

Preheat oven to 375, spray a skillet with cooking spray or grease it with butter and set aside. In a bowl melt the butter (30 seconds in the microwave does the trick) then pour in the flour, sugar & milk & whisk to combine, until no big clumps remain. Pour into the prepared skillet.

Sprinkle the blueberries evenly around the top of the batter.

Bake for 40-45 minutes, or until edges start to turn slightly brown. Remove from oven & allow to cool for 10 minutes.

Serve warm or cold.

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## **Tomatoes, Zucchini & Pasta**

\*7 ozs. whole wheat pasta \*2 lbs. zucchini, chopped into bite size pieces \*1 lbs. cherry tomatoes, cut in half \*3 Tbsp. olive oil \*6 garlic cloves, minced \*1/3 cup grated Parmesan cheese \*1 Tbsp. dried basil \*1 tsp. salt \*black pepper to taste

Cook pasta as per package instructions undercooking by 2-3 minutes or until pasta is al dente, cooked but firm.

While pasta is cooking, preheat large ceramic non-stick skillet on medium-high heat & swirl 1 Tbsp. of oil to coat. Add zucchini & cook for 5 minutes, stirring occasionally. Transfer to a bowl & set aside.

Return skillet to the stove & swirl 1 Tbsp. of oil to coat, add tomatoes & cook for 3 minutes, stirring occasionally. Add garlic & cook for 1 minute, stirring a few times.

Turn off heat & add cooked pasta & zucchini, remaining 1 Tbsp. of oil, salt, pepper, cheese & basil; stir and serve. Adjust any seasonings to taste & enjoy!

## **Lentils with Kale & Tomatoes**

\*2 tsp. olive oil \*1/2 lb. cherry tomatoes, cut in half \*pinch of salt \*2 Tbsp. olive oil \*1/4 onion, diced \*2 cloves garlic, roughly chopped \*2 cups cooked lentils \*2 Tbsp. balsamic vinegar \*1/2 tsp. salt \*1/2 tsp. coriander \*1/2 tsp. cumin \*slash water \*2-3 handfuls of chopped kale

In a large skillet, heat 2 tsp. olive oil over medium high heat. Add tomatoes & salt & cook for about 5 minutes, until tender & blistered, but not losing their shape. Carefully spoon tomatoes out of the pan & set them aside. In the same pan, heat 2 Tbsp. olive oil over medium heat & add the onion & garlic, stirring often, until tender & golden, about 3 minutes. Add the cooked lentils, balsamic, salt & spices & stir, warming them up. If dry, add a splash of water to loosen them just a bit. Once warm, add the kale a handful at a time, stirring, tossing & wilting. Taste & adjust salt. Divide the lentil & kale among two bowls. Surround with the tomatoes & top with optional crumbled feta or goat cheese, or a drizzle of good quality olive oil.

## **Loaded Sweet Potatoes**

\*2-3 sweet potatoes \*2 Tbsp. vegetable oil \*1 clove garlic, minced \*3 cups fresh kale, torn into bite size pieces \*1 1/2 Tbsp. butter or coconut oil \*1/3 cup chopped walnuts \*3 Tbsp. dried cranberries \*salt & pepper to taste  
Preheat the oven to 400 degrees. Wash & dry the sweet potatoes. Prick the skin a few times on all sides with a fork. Use one tablespoon of the vegetable oil to lightly coat the skins. Bake the sweet potatoes for one hour in the preheated oven, or until soft all the way through. You can place the sweet potatoes directly on the oven rack, but place something on the rack below to catch any drippings, as they will ooze slightly while baking. When the sweet potatoes have about 15 minutes left to go, sauté the kale. Add the second tablespoon of vegetable oil & the minced garlic to a medium skillet. Sauté over medium heat for 1-2 minutes, or just until the garlic becomes fragrant & slightly soft. Add the kale (three large handfuls, or about 3 cups packed) to the skillet. Season lightly with salt & pepper. Continue to sauté until the kale is wilted (2-3 minutes). When the potatoes come out of the oven, carefully slice them open from end to end. Use a fork to lightly mash the insides. Add about a 1/2 tablespoon of butter or coconut oil to the inside of each potato & then season lightly with salt & pepper. Divide the kale between the three potatoes. Top with one tablespoon of dried cranberries & chopped walnuts per potato. Serve hot!

## Storage Tips

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

Oranges: Store unwashed in the crisper drawer of your refrigerator.

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

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

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

Kale - Refrigerate in plastic bag; do not wash until ready to use.

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