

Storage Tips

Peaches: Store peaches at room temperature until ripe — this usually takes 2 to 3 days. A ripe fruit will yield a bit when pressed gently. To speed up the ripening process, place peaches in a paper bag and store at room temperature, out of direct sunlight. Once ripe, store them in the crisper drawer of the refrigerator.

Plums: Put them in the crisper section of 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).

Red Peppers - Store in plastic bag in the crisper drawer of refrigerator. To freeze: slice or chop peppers, spread in a single layer on cookie tray and freeze, then promptly place in airtight containers or heavy-duty freezer bags and return to freezer.

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.

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.

Potatoes - Store in a well-ventilated area so they stay fresh longer. Do not refrigerate. Place them in a metal basket or rack, a wooden crate or a cardboard box with holes. Keep out of sunlight & in a cool, dark & slightly humid place, like a basement, unheated closet or cupboard.

Don't heat up the house.
Enjoy these delicious grilled recipes!



Grilled Stuffed Peppers

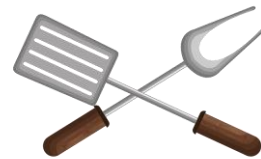
*1 cup black beans *1 cup cooked brown rice *2 peppers *1 tsp. dried cilantro *1/4 cup of your favorite salsa *salt to taste *grated sharp cheddar cheese

Preheat the grill for indirect grilling according to your manufacturer's directions. Slice the tops off the bell peppers & remove the seeds & veins. Chop the tops & save them for another use. Turn the peppers upside-down on the large plate & microwave on high for 3 to 4 minutes. The peppers should be slightly soft, but not mushy. In the medium bowl, stir together the beans, brown rice, cilantro & salsa. Season with salt. Stand the peppers up in the prepared pie pan. Spoon the filling into the peppers, filling them just past the top edge. Sprinkle a Tbsp. or two of grated sharp reduced-fat cheddar cheese on top of each filled pepper. Place the pan of peppers over a grill grate that is not heated, as for indirect grilling. Close the lid & allow to cook until the cheese is melted & the pepper skins are a little wrinkled, about 5 to 10 minutes. Remove from heat & allow to cool for about 2 minutes, then serve.

Grilled Onion, Potatoes & Peppers

*15 ozs. of red *1 pepper *1 onion *1 Tbsp. olive oil *1 Tbsp. lemon juice *1 Tbsp. soy sauce *1 tsp. dried oregano *1 tsp. dried chives

Slice peppers & onion into thick slices. Slice potatoes in half the long way, then in half again. Then slice in half or thirds the short way. Put herbs, olive oil, lemon & soy sauce in a large bowl, add all vegetables & toss well to coat. Put into 'grill pan' (a metal or foil pan dedicated to use on the grill) or onto a mesh grill pan. Cook over medium heat 20 - 30 minutes, until vegetables have a nice color & potatoes are done.



Grilled Peaches

*1/2 stick unsalted butter *salt *1 Tbsp. sugar *1/2 tsp. cinnamon sugar *2 peaches, cut in half *canola oil

Put butter in a small bowl & stir until smooth. Stir in the cinnamon sugar, sugar & salt. Heat grill to high. Brush peaches with oil & grill until golden brown (don't overcook). Top each with a few teaspoons of the butter. Yum!

Grilled Portobello Mushrooms

*2-3 mushrooms *1/4 cup canola oil *3 Tbsp. chopped onions *4 cloves garlic, minced *4 Tbsp. balsamic vinegar

Clean mushrooms & remove stems. Place caps on a plate with the gills up. In a small bowl, combine the oil, onion, garlic & vinegar. Pour mixture evenly over the mushroom caps & let stand for 1 hour. Grill over hot grill for 10 minutes. Serve immediately. (These are great on a bun in place of a burger with your favorite toppings).



Grilled Cauliflower

*1 head cauliflower *1/2 tsp. salt *1/8 tsp. pepper *1/4 tsp. garlic powder *1/4 tsp. smoked paprika *1/8 cup olive oil *1/2 tsp. parsley

Heat a grill to medium or about 350 degrees F. Remove the outer leaves from cauliflower head. Cut off the bottom stem end so that you create a flat base & can stand the cauliflower up on a cutting board. Resting the cauliflower on the stem, cut the head into 2-3 "steaks." Reserve side or small pieces that break off in small bowl. Brush one side of each cauliflower steak with the olive oil. In a small bowl, mix remaining ingredients except parsley. Sprinkle evenly over both side of cauliflower. Place cauliflower carefully on grill, close cover & let cook for 5 to 6 minutes, until the bottom is beginning to char. Flip the cauliflower, then re-cover the grill & cook 5 additional minutes, until the cauliflower is tender. Remove from the grill. Sprinkle with parsley. Serve immediately.