

## *Storage Tips*

Pineapple: A pineapple can be stored whole in a plastic bag in the fridge for a few days. If you will not use it for 3 or more days, you should cut it into chunks and store it in an airtight container in the fridge. (You can also freeze it. Cut it into chunks, place chunks on a cookie sheet & place in freezer. Once frozen, put chunks into airtight container & freeze. Freezing first on a cookie sheets helps prevent the chunks from sticking together).

Oranges: Store in the crisper drawer of the refrigerator.

Cucumbers: 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 (If the tomato is very ripe, it may be refrigerated).

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.

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

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.

## Parmesan Crispy Baked Potatoes

\*1/2 cup grated Parmesan cheese \*1 tsp. garlic powder \*6-8 small Yukon gold potatoes, cut lengthwise in half \*3 Tbsp. butter, melted

Heat oven to 400°F.

Combine cheese & garlic powder in shallow dish. Dip cut-sides of potatoes in butter, then in cheese mixture. Place, cheese sides down, on baking sheet; drizzle with any remaining butter. Bake 30 to 35 min. or until potatoes are tender.

*"I really regret eating healthy today"*

Said No One – Ever

## Sheet Pan Breakfast

\*2# red potatoes, halved \*2 Tbsp. olive oil \*1/4 cup grated Parmesan \*3 cloves garlic, minced \*1 tsp. Italian seasoning \*salt & pepper \*2 Tbsp. unsalted butter \*4 large eggs  
Preheat oven to 400 degrees F. Line a baking sheet with parchment paper. Place potatoes in a single layer onto the prepared baking sheet. Add olive oil, Parmesan, garlic & Italian seasoning. Season with salt & pepper, to taste. Gently toss to combine. Place into oven & bake for 20-25 minutes, or until golden brown and crisp. Remove from oven & stir in butter until melted, about 1 minute. Create 4 wells; add eggs, gently cracking the eggs throughout & keeping the yolk intact. Place into oven & bake until the egg whites have set, an additional 8-12 minutes. Serve immediately.

# Garden to Doorstep

## Organics



### Thai Cucumber Salad

\*1/3 cup rice vinegar \*2 Tbsp. sugar \*1/2 tsp. toasted sesame oil \*1/4 to 1/2 tsp. red pepper flakes \*1/2 tsp. salt \*3 cucumbers \*1/2 cup finely minced onion \*1/4 cup chopped peanuts  
In a small bowl, combine the rice vinegar, sugar, sesame oil, red pepper flakes & salt. Set the dressing aside to give it time to blend. Peel & slice the cucumber & place in a large bowl. Chop the peanuts into smaller pieces, if desired. Add the dressing, peanuts & onions to the sliced cucumbers. Stir to combine. Serve immediately or refrigerate until ready to eat. Give the salad a brief stir before serving to redistribute the dressing & flavors.

**Kale.** According to WebMD, Kale is a superstar food and one of the healthiest vegetables on the planet. It lowers your risk for many types of cancers and is high in antioxidant and anti-inflammatory nutrients. You can count on kale to provide valuable cardiovascular support in terms of its cholesterol lowering ability. Per calorie, kale contains more iron than beef, more calcium than milk and it is better absorbed by the body. There are different recipes you can try with kale, but here is our favorite way to use them:

\*\*Cut the kale into inch size pieces & toss it into the soups, stews & casseroles during the last 15 minutes of cooking time. This a great & simple way to jam pack them with the vitamins found in kale.  
If you would like to eat kale as a side dish, try this simple recipe.

### Garlic Kale

\*1 bunch kale \*2 Tbsp. olive oil \*4 cloves garlic, minced  
Tear the kale leaves into bit sized pieces; discard the stems. Heat the olive oil in a large pot over medium heat. Stir & cook the garlic in the hot oil until softened, about 2 min. Add kale & stir until kale is bright green & wilted, about 5 min.

### Braised Kale with Tomato & White Beans

\*1 pound dried navy beans \*2 large cloves of garlic \*1 1/2 tsp. dried oregano \*scant 1/4 tsp. red pepper flakes \*1 bay leaf \*1 pint grape tomatoes, chopped \*1 1/2 tsp. salt \*1 1/2 Tbsp. olive oil \*2 cups finely chopped kale, thick stems removed  
Cover the beans with one inch of water, cover with a lid & let rest 8 hours or overnight. Drain the water & rinse the beans. Add the beans back to the pot & cover with another inch of water. Bring to a boil, reduce heat to simmer, cover the pot & cook until the beans become tender, about 1 1/2-2 hours. There should still be about 1/4" of water covering the beans. If not, add more water until they're just barely covered. Stir in the diced garlic, oregano, red pepper flakes, bay leaf & tomatoes. Braise for 10-15 minutes, until the flavors start to meld. Add the olive oil & kale. Stir to combine & braise another 5 minutes or so, just until the kale is tender. Serve with parmesan cheese.

### Sautéed Mushrooms

\*3 Tbsp. olive oil \*3 Tbsp. butter \*1 pound mushrooms, sliced \*1 clove garlic, thinly sliced \*1 Tbsp. red cooking wine \*1 Tbsp. Teriyaki sauce, or more to taste \*1/4 tsp. garlic salt, or to taste \*pepper  
Heat olive oil & butter in a large saucepan over medium heat. Cook & stir mushrooms, garlic, cooking wine, teriyaki sauce, garlic salt & black pepper in the hot oil & butter until mushrooms are lightly browned, about 5 minutes. Reduce heat to low & simmer until mushrooms are tender, 5 to 8 more minutes.

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