### Storage Tips for this week's menu

<u>Pineapple:</u> 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).

Plums: Put them in the crisper section of the refrigerator.

Asparagus: Fill a jar with an inch or two of water. Store the asparagus upright in the jar. Cover with a plastic bag & place in the refrigerator. Change water when it gets cloudy.

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

<u>Mushrooms</u> - 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.

<u>Leeks</u> - Refrigerate leeks in a plastic bag. Do not wash them until ready to use. Leeks can be easily frozen for later use in soups, stews or casseroles. To freeze: wash & chop leeks, 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.

## Happy Easter from Garden to Doorstep Organics

#### Garlic Mushroom Quinoa

\*1 cup quinoa \*1 Tbsp. olive oil \*1 pound cremini mushrooms, thinly sliced \*5 cloves garlic, minced \*1/2 tsp. dried thyme \*salt & pepper to taste

In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside. Heat olive oil in a large skillet over medium high heat. Add mushrooms, garlic & thyme & cook, stirring occasionally, until tender, about 3-4 minutes. Season with salt & pepper, to taste. Stir in quinoa until well combined. Serve immediately, garnished with Parmesan, if desired.

#### Parmesan Kale Grilled Cheese

\*2 kale leaves, ribs removed & chopped \*2 slices whole wheat bread \*1 oz. Parmesan cheese, sliced \*1 oz. any other melting cheese, sliced \*1/4 tsp. garlic powder
Preheat indoor grill or panini press. On a slice of bread, crumble half Parmesan cheese & sprinkle with garlic powder. Top with kale, crumble remaining Parmesan & place a few slices of melting cheese. Lay other slice of bread on top. Place on a grill & close lid tightly. Grill for a few minutes or until grill marks appear, cheese has melted and/or you hear cheese dripping on a griddle. Remove & cut in half with a long sharp knife. Serve hot. Yum!

# Penne with Cherry Tomatoes & Asparagus

\*8 ozs. Penne pasta \*3 Tbsp. olive oil \*2 garlic cloves, minced \*3/4 pound asparagus, trimmed & cut into 1" pieces \*salt & pepper \*1 to 1 ½ cups grape tomatoes \*1/2 cup veggie stock \*1 cup grated Parmesan \*2 Tbsp. chopped fresh basil (or 1 Tbsp. dried)

Bring a large pot of salted water to a boil over high heat. Add the pasta & cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain the pasta, reserving about 1/2 cup of the pasta water. In a large sauté pan, heat the oil over medium-high heat. Add the garlic & cook until fragrant, about 1 minute. Add the asparagus, season with the salt & pepper & cook for 3 minutes until slightly soft. Add the tomatoes. Cook for 2 minutes. Pour the veggie stock into the pan & bring the mixture to a simmer. Cook until the tomatoes start to burst &the stock is reduced by half, about 3 minutes. Transfer the asparagus mixture to a large serving bowl. Add the cooked pasta & 1/2 of the Parmesan. Toss well, adding reserved pasta water, if needed, to loosen the pasta. Garnish with the remaining Parmesan & basil.

#### Leek & Mushroom Sauté

\*1 Tbsp. olive oil \*8 ozs. mushrooms \*salt \*1 leek, sliced cross-wise, rinsed well \*1 tsp. dried tarragon

Put oil in a large skillet over medium heat. Add mushrooms, sprinkle with 1/2 teaspoon salt & cook, stirring occasionally, until they release their water & the pan begins to dry out again, 10-15 minutes. Add leeks & cook, stirring, until they soften a bit, 2-3 minutes. Add tarragon & stir until fragrant, about 30 seconds.



#### Tomato, Mushroom & Leek Quiche

\*two, 9" ready-to-bake pie crusts \*2 Tbsp. olive oil \*1 leek, halved lengthwise & thinly sliced \*grape tomatoes, halved \*1 Tbsp. dried parsley \*8 oz. mushrooms, chopped \*salt & pepper \*2 cups cheddar cheese, shredded \*8 eggs \*1 ½ cups milk

Preheat oven to 375 degrees F. Unroll the pie crusts & press into two 9-inch pie plates. Poke plenty of holes into the surface of the dough with a fork. Bake in preheated oven for 15 minutes, or until lightly browned. Decrease oven temperature to 350 degrees F. Heat the olive oil in a skillet over medium heat. Add leeks & cook until soft, 3 to 5 minutes. In a medium bowl, combine the leeks, tomatoes, parsley, mushrooms, salt & pepper. Add the cheese & mix well. Divide the mixture between the two pie plates. In another medium bowl, whisk together the eggs & milk. Divide between the two pie plates & pour over the top of the veggie-cheese mixture. Bake in the preheated oven for 50 minutes, or until eggs are cooked through. Let cool for 20 minutes.

