

Storage Tips

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

Apples - Place them in the crisper drawer in a plastic bag with holes in it or cover the apples with a damp paper towel.

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

Avocados - You can tell if an avocado is ripe by giving it a gentle squeeze — if it yields to that light pressure, it's ready to use. If your avocados are ripe, place them in a plastic bag in the refrigerator. If they are not ripe, place them in a brown bag at room temperature until ripe, then store in a plastic bag in the refrigerator.

Carrots - remove any of the tops (the green part). Make sure the roots are dry & unwashed. Place them in a separate zip lock bags & store in the fridge (do not store with any part of greens attached as they will pull moisture from the root). Carrot greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

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.



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Avocado & Blueberry Salad (so pretty & delicious)

*chopped romaine lettuce *5 ozs. blueberries *1 avocado, cut into cubes *4 oz. crumbled feta *4 Tbsp. pumpkin seeds
For Dressing: *1/4 cup apple cider vinegar *1/2 cup olive oil *1/4 cup honey *2 Tbsp. Dijon mustard *salt & pepper
Combine dressing ingredients & whisk until combined. Place the lettuce on a platter. Add the rest of the toppings & lightly toss. Top with dressing.



Avocado & Blueberry Pancakes

*1 cup flour *1 1/2 Tbsp. sugar *1 tsp. baking powder
*1/2 tsp. salt *1/4 tsp. nutmeg *1 avocado, mashed
*3/4 cup milk *1 egg *1 Tbsp. melted coconut oil
*1/2 tsp. vanilla extract *1/2 cup blueberries
*butter for the pan

Whisk together the flour, sugar, baking powder, salt & nutmeg in a medium bowl. Combine the mashed avocado, milk, egg, coconut oil & vanilla in a food processor & process until smooth. Add the avocado mixture to the flour mixture & stir until just combined. Place a bit of butter in a large skillet or griddle over medium heat. Once melted & hot, scoop batter into the pan, dot each pancake with a small handful of blueberries & cook for 2-3 minutes per side until golden brown.

Easy Avocado & Tomato Salad

*2 tomatoes, chopped *1 avocado, chopped *1/4 cup diced red onion *1 Tbsp. olive oil *1 Tbsp. balsamic vinegar *1 tsp. lemon juice *salt & pepper

Combine all ingredients in small bowl & toss together. Let stand 5 minutes before serving.

Healthy Onion Rings

*2-3 onions For wet mix: *1/2 cup flour *2/3 cup unsweetened plant milk *1/2 tsp. Paprika *1/4 tsp. Turmeric *1/2 tsp. salt For dry mix: *1 cup Panko bread crumbs *1/2 tsp. Paprika *1/4 tsp. Turmeric *1/4 tsp. salt

If you are using an Oven, preheat it to 450F. Slice the end off of each onion & peel the outer skin off. Carefully cut each onion into 1/2" circular portions. Note the "layers" that comprise each Onion portion (like the pattern in a tree trunk). We will be using two Onion "Layers" for each Onion Ring. Using your fingers, carefully press the center portion of each Onion away from two of the Onion Layers, to form a hollow Ring. Repeat with each portion of the Onion until no more circles remain & then continue with the rest of the Onion portions. Add all of the Wet Mix ingredients to a medium bowl & stir well. Add all of the Dry Mix ingredients to a separate bowl & mix well. Then divide the Dry Mix evenly into two separate bowls. (The Dry Mix gets a little "sticky" with time & this prevents the mixture from becoming unusable.) Using separate hands for the Wet and Dry mixes, dip each Onion Ring into the Wet Mix, then transfer to the Dry Mix & coat evenly with breadcrumbs. Place onto a greased or lined Baking Tray, or into the basket of your Air Fryer if you are using one. Repeat with the remaining Onion Rings.

Air Fryer Baking Instructions:

Bake the Onion Rings at 400F for 8-10 minutes. You will have to cook the Onion Rings in a few batches, so the basket does not become overcrowded. Serve Warm.

Oven Instructions:

Bake the Onion Rings on a greased or lined Baking Tray at 450F for 30-35 minutes. If you are using parchment paper, be sure to flip the onion rings. Serve Warm.

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Maple Roasted Apples, Onions & Carrots

*2 Tbsp. olive oil *4 large carrots *1 onion, peeled *1/4 cup orange juice *1 tsp. dried dill *salt & pepper *3 apples *2-3 Tbsp. maple syrup
Preheat the oven to 350°F. Pour oil into a small bowl & lightly brush two shallow au gratin dishes with about 1 tsp of the olive oil each. Prepare the Vegetables: Cut the carrots crosswise. Take the thicker ends & cut in half lengthwise, then each half into thirds. For the narrow ends, cut in half lengthwise & if needed each half in half. Cut the onion into thin wedges. Evenly divide the carrots between the two oiled dishes. Tuck the onion wedges in between the carrots. Add the orange juice to the dishes, brush with the remaining oil, sprinkle with dill & season with salt & pepper. Place, uncovered, in the hot oven. Bake for 20 minutes. Prepare the Apples: While the carrots & onions are baking, cut the apples. The fastest way to cut apples is to take a thin slice off the bottom so that they sit flat. Then make two cuts, on either side of the center core (which is about 3/4-inch thick). Spin the apple & slice off the two remaining thin sections on either side of the core. Lay the apple pieces, flat side down, & slice vertically into thin wedges. Remove the pans from the oven & carefully add the apples, again interspersing them with the vegetables in both dishes. Drizzle with the maple syrup. Return to the oven & continue baking for an additional 20 to 30 minutes or until golden brown & slightly crispy at the edges. Adjust seasoning if desired with more salt & pepper.