

Portobello Mushrooms stuffed with Asparagus

*2 Portobello mushroom caps *1/2 Tbsp. plus 1 tsp. olive oil *1 cup asparagus *1/4 cup sweet onions *1 clove garlic, minced *1/2 cup cannot tomatoes *1/8 tsp. salt *1/8 tsp. pepper *1/2 cup bread crumbs *1/8 cup Parmesan cheese

Preheat oven to 400oF. Clean mushroom caps with a damp paper towel. Cut off stems from mushroom caps; rinse under cold water. Coarsely chop stems &set aside. Use a spoon or paring knife to scrape out & discard gills from mushroom caps. Brush 2 teaspoons of the oil over mushroom caps; place oiled sides down on a 15 x 10 inch jelly roll pan or baking sheet. Heat remaining 1 Tbsp. oil in a nonstick skillet over medium-high heat. Add asparagus, onions, garlic & chopped mushroom stems. Cook 5 to 6 minutes or until vegetables are crisp-tender, stirring occasionally. Remove from heat; stir in tomato, salt & pepper. Spoon mixture into mushroom caps. Combine bread crumbs & cheese; sprinkle evenly over mushrooms. Bake 10 to 12 minutes or until hot & crumbs are golden brown. To make fresh bread crumbs, tear 1 to 2 slices multigrain bread into pieces & process in a food processor until coarse crumbs appear. Extra bread crumbs may be placed in a food storage freezer bag & frozen up to 3 months.

Garden to Doorstep Organics llc



Asparagus & Red Peppers

*asparagus, cut into 1 inch pieces *1 1/2 tsp. olive oil *1/2 pepper, cut into 1 inch stripes *3 cloves garlic, minced *1/2 tsp. balsamic vinegar *salt & pepper

Heat oil in a skillet & add garlic. Cook 2 minutes then add the bell pepper & asparagus Sauté until the asparagus is heated through. Remove from heat & season with salt & pepper & the vinegar.

Cucumber Salad

*2 cucumbers *1/4 small onions sliced thin *1/4 pepper sliced thin *1 clove garlic smashed *1 cup white vinegar *2/3 cup cold water *4 Tbsp. sugar *2 tsp. salt *1/2 tsp. pepper
Peel cucumbers & slice very thin. Place into a bowl with onion, bell pepper & garlic. In a liquid measuring cup, stir remaining ingredients together. Pour over veggies & stir. Cover & refrigerate 6 hours {at least!!} to overnight before serving.



Roasted Sweet Potatoes

Roasted Sweet Potatoes Plain *2 pounds sweet potatoes, cut into 1/2 inch pieces *2 Tbsp. melted coconut oil *3/4 tsp. salt *1 Tbsp. light brown sugar
Seasoned Roasted Sweet Potatoes *2 pounds sweet potatoes, cut into 1/2 inch pieces *2 Tbsp. olive oil *3/4 tsp. salt *1/4 tsp. pepper *1/2 tsp. ground chili powder *1/2 tsp. paprika *1/2 tsp. ground cumin *1/2 tsp. garlic powder

PLAIN ROASTED SWEET POTATOES: Preheat the oven to 425 degrees F. Peel and cube the sweet potatoes into 1/2 inch pieces. Add to your largest sheet pan and add the melted coconut oil, salt, and brown sugar on top. Toss to coat all the sweet potatoes and then spread out to arrange in an even layer. You don't want any potatoes overlapping or you'll end up with steamed potatoes instead of roasted potatoes. Flip every 10-15 minutes cooking for a total of 27-35 minutes. (I flip every 10 minutes and bake around 30 minutes)

SEASONED ROASTED SWEET POTATOES: Preheat the oven to 425 degrees F. Peel and cube the sweet potatoes into 1/2 inch pieces. Add to your largest sheet pan and add the olive oil, salt, pepper, chili powder, paprika, cumin, and garlic powder on top. Toss to coat all the sweet potatoes and then spread out to arrange in an even layer. You don't want any potatoes overlapping or you'll end up with steamed potatoes instead of roasted potatoes. Flip every 10-15 minutes cooking for a total of 27-35 minutes. (I flip every 10 minutes and bake around 30 minutes)

Cucumber Pasta

*8 ozs. uncooked penne pasta *1 Tbsp. canola oil *2 cucumbers, thinly sliced *1 medium onion, thinly sliced *1 1/2 cups sugar *1 cup water *3/4 cup white vinegar *1 Tbsp. mustard *1 Tbsp. dried parsley flakes *1 tsp. salt *1 tsp. pepper *1/2 tsp. garlic salt
Cook pasta according to package directions; drain & rinse in cold water. Place pasta in a large bowl; stir in the oil, cucumbers & onion. In a small bowl, whisk the remaining ingredients. Pour over salad; toss to coat. Cover & chill for 4 hours, stirring occasionally. Serve with a slotted spoon. Refrigerate leftovers.

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Storage Tips

Galia Melons: Whole, ripe melons can be stored in the refrigerator. Once cut, melons should be sealed in an airtight container or wrapped tightly and stored in the refrigerator.

Bananas - Store in a cool area. Do not refrigerate. Wrap the stems of the bananas with plastic wrap.

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.

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.

Sweet Potatoes-Store in the crisper drawer of the refrigerator.

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.

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