

# Garden to Doorstep Organics

## Yellow Bean Recipe

\*yellow beans \*2 Tbsp. butter \*1/4 cup Ritz crackers \*salt & pepper  
Cook beans in salted boiling water until soft (not crispy) tender & drain.  
Add butter & mix until butter melts. Add cracker crumbs, salt & pepper,  
stir to combine & serve.

## Parmesan Roasted Cauliflower - yum!

\*1 head cauliflower \*1 medium onion, sliced \*2 tsp. dried thyme \*4  
unpeeled garlic gloves \*3 Tbsp. olive oil \*salt & pepper \*1/2 cup grated  
Parmesan  
Preheat oven to 425°F. Cut 1 head cauliflower into florets; toss on a  
large rimmed baking sheet with 1 sliced medium onion, thyme, 4  
unpeeled garlic cloves & 3 Tbsp. olive oil. Season with salt & pepper.  
Roast, tossing occasionally, until almost tender, 35-40 minutes. Sprinkle  
with 1/2 cup grated Parmesan, toss to combine & roast until cauliflower  
is tender, 10-12 minutes longer.

## Bean Salad with Walnuts & Feta

\*beans, trimmed \*1/2 small head romaine lettuce, halved & thinly  
sliced \*1 small red onion, halved & thinly sliced \*1 cup crumbled  
feta cheese \*1/4 cup chopped walnuts DRESSING: \*1 tsp. dried  
oregano \*2 tsp. red wine vinegar \*1 clove garlic, minced \*1 Tbsp.  
olive oil \*1 Tbsp. veggie oil  
Cook beans in large pot of boiling salted water 4 minutes. Drain,  
rinse under cold water & drain again. Pat dry. To make the Dressing:  
Rub oregano between fingers to crumble & release aromatic oils.  
Place in small bowl. Whisk in vinegar & garlic. Whisk in olive oil &  
vegetable oil & season with salt & pepper, if desired. Toss beans,  
lettuce & onion together with Dressing in large bowl. Fold in feta &  
walnuts.

## Yellow Bean Kale Salad

Garlic croutons (optional): \*2 cups wheat bread, cubed \*1/4 cup olive oil \*1/4 tsp. each garlic powder, sea salt & black  
pepper BEANS: \*yellow beans \*1/2 lemon, juiced \*1 Tbsp. olive oil \*1/4 tsp. salt \*1 tsp. dried parsley SALAD: \*kale \*1 lemon,  
juiced \*1 Tbsp. olive oil \*1 Tbsp. maple syrup \*salt & pepper \*1 clove garlic, minced DRESSING: 1/3 cup tahini \*1 clove garlic,  
minced \*1 1/2 lemons, juiced \*1-2 Tbsp. maple syrup \*pinch of salt & pepper \*hot water to thin  
If making croutons (optional), preheat oven to 325. Add bread cubes to a large mixing bowl. In a separate bowl, whisk  
together oil, garlic powder, salt & pepper & pour over bread. Toss to combine. Season once more with a bit more garlic  
powder, salt & pepper. Toss once more. Spread on a bare baking sheet & bake for 15-20 minutes or until golden brown.  
Flip/stir at the 10-minute mark to ensure even baking. Set aside. In the meantime, add beans to a small mixing bowl & add  
lemon juice, olive oil, salt & parsley. Toss to combine. Set aside. Add kale to a large mixing bowl with lemon juice, olive oil,  
maple syrup, salt, pepper & garlic. Use your hands to massage the kale & break down its texture a bit. To prepare dressing,  
add tahini, garlic, lemon juice, maple syrup, salt & pepper to a small mixing bowl. Whisk to combine, then add hot water to  
thin until pourable. Taste & adjust seasonings as needed. Set aside. Lastly, add beans, croutons & 3/4 of the dressing to the  
kale & toss to combine. Serve with any additional dressing & garnish with parmesan cheese (optional).

## Quinoa Stuffed Peppers

\*1/2 cup quinoa or rice, rinsed & drained \*1 cups veggie  
stock \*2 peppers, halved & seeds removed \*1/4 cup salsa,  
plus more for serving \*1 tsp. cumin powder \*3/4 tsp. chili  
powder \*3/4 tsp. garlic powder \*1/2 (15 oz.) can of black  
beans, drained \*1/2 cup corn, drained  
Add quinoa & vegetable stock to a saucepan & bring to a  
boil over high heat. Once boiling, reduce heat, cover &  
simmer until all liquid is absorbed & quinoa is fluffy -  
about 20 minutes. Preheat oven to 375 degrees F & lightly  
grease a 9x13 baking dish or rimmed baking sheet. Brush  
halved peppers with a neutral, high heat oil, such as grape  
seed, avocado or refined coconut. Add cooked quinoa to a  
large mixing bowl & add remaining ingredients - salsa  
through corn. Mix to thoroughly combine then taste &  
adjust seasonings accordingly, adding salt, pepper, or  
more spices as desired. Generously stuff halved peppers  
with quinoa mixture until all peppers are full, then cover  
the dish with foil. Bake for 30 minutes covered. Remove  
foil, increase heat to 400 degrees F (204 C), & bake for  
another 15-20 minutes, or until peppers are soft & slightly  
golden brown. For softer peppers, bake 5-10 minutes  
more.  
Serve with desired toppings (avocado, lime juice, hot  
sauce, cilantro, diced red onion) or as is. Best when fresh,  
though leftovers keep covered in the refrigerator for 2-3  
days. Reheat at 350-degrees until warmed through - about  
20 min.



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Organics llc*

## Referral Extravaganza

We are kicking off a super fun and exciting new promotion. Word of mouth and referrals are extremely important to our success at GTDO. We appreciate all the great things that you have said about us and all the people that you have referred already. Our new “Referral Extravaganza” is the biggest promotion that we have ever done.

**For every subscription referral that you get us we will give you your next box for **Free**.**

**THAT IS RIGHT COMPLETELY **Free**.**

Your name will also be put in a drawing. We are going to have a celebration every time we hit 50 new subscriptions. When we hit these levels we are going to have a party. The most exciting part of the celebration for you will be the fabulous drawings we will have. Free boxes will be given away and even subscriptions!! Every 50 subscriptions another party!

Thank you again for everything that you have done and let's have some fun!!!





# Storage Tips

Grapes: Store them unwashed in a plastic bag in the refrigerator.

Mangoes: If a mango is ripe, it will give slightly when you press on it. If the mango is ripe, place in a plastic bag and refrigerate. Keep unripe mangoes at room temperature & then refrigerate in plastic bag once ripe. To speed up ripening, place mangoes in a paper bag at room temperature.

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.

Yellow Beans: Store unwashed beans in a reusable container or plastic bag in the refrigerator crisper.

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

Green 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.

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).