



Cucumber Salad with Onion & Peppers

*2 cucumbers thinly sliced *3/4 cup chopped onion *1 to 1 1/2 cups chopped peppers *1/2 cup cider vinegar *2Tbsp. sugar

In a large serving bowl, combine the cucumbers, onion & peppers. In a small bowl, whisk vinegar & sugar. Pour over vegetables; toss to coat. Chill until serving. Serve with a slotted spoon.

Mushroom & Kale Stroganoff

*2 cups water *2 Tbsp. plus 2 tsp. olive oil *mushrooms, trimmed & sliced *1 1/2 cup onion, diced *1/2 tsp. paprika *2 Tbsp. flour *1 bunch kale, stems removed & leaves cut into bit size pieces *3 cloves garlic, minced *salt & pepper *1/4 cup dry white wine *8 ozs. dried egg noodles *2 Tbsp. butter *1/3 cup sour cream

Place mushrooms in a bowl. Bring the water to a boil & pour over mushrooms. Let the mushrooms sit until softened, about 12 minutes. Using a fork, transfer them to a cutting board & coarsely chop. Place in a bowl & set aside. Leaving the sediment behind, slowly pour 1 1/2 cups of the soaking liquid into a measuring cup & set aside. Discard the remaining liquid. Bring a large pot of salted water to a boil. Meanwhile, prepare the sauce: Heat 1 Tbsp. of the oil in a large frying pan over medium-high heat until shimmering. Add the mushrooms & cook, stirring rarely, until browned, about 5 minutes. Remove to the bowl. Reduce the heat to medium, add the remaining oil to the pan & heat until shimmering. Add the onion and paprika & cook until the onion has softened, about 4 minutes. Sprinkle in the flour & cook, stirring occasionally, until the raw flavor has cooked off, about 1 to 2 minutes. Add the kale & garlic, season with salt & pepper. Cook until the kale is just wilted, about 1 minute. Add the reserved mushrooms along with any juices in the bowl & stir to combine. Add the wine & cook until almost evaporated, about 3 minutes. Reduce the heat to low, add the reserved mushroom soaking liquid, season with salt & pepper & cook until the sauce is slightly thickened, about 5 to 7 minutes. Meanwhile, cook the noodles in the boiling water according to the package directions. When the noodles are ready, reserve 1/3 cup of the cooking liquid. Drain the noodles & return them to the pot; set aside. Add the reserved pasta cooking liquid to the pan with the kale-mushroom sauce & simmer until thickened, about 2 minutes. Add the butter & stir until melted. Remove the pan from the heat & stir in the sour cream. Taste & season with salt & pepper as needed. Pour sauce over noodles.

Creamy Thai Carrot Soup

*1 Tbsp. olive oil *1/2 onion, chopped * 3 cloves garlic, diced *1 pound carrots, chopped *pinch of salt & pepper *2 cups veggie stock *2 cups water *1/3 cup peanut butter *2 tsp. chili garlic sauce Heat a large pot over medium heat. Dice onion & garlic. Add to pot with 1 Tbsp. olive oil. Add carrots & cook for 5 minutes. Season with a pinch each salt & pepper, then add veggie stock & 2 cups of water & stir. Bring to a low boil, then reduce heat to a simmer. Cover & cook for 20 minutes, or until veggies are tender. Transfer to a blender (or use an immersion blender) & blend until smooth & creamy. Add peanut butter & chili garlic sauce to the blender & blend to combine, using a 'puree' or 'liquify' setting if you have it. Taste & adjust seasonings as needed. For a touch of added sweetness, add a Tbsp. or so of brown sugar, maple syrup or agave nectar (Add more chili garlic sauce for more heat.

Oven Roasted Spiced Carrots

*Carrots cut into 2" pieces *3 Tbsp. olive oil *1/2 tsp. salt *1/2 tsp. ground coriander *1/2 tsp. ground cumin *1/2 tsp. pepper *1/4 tsp. chili powder *1/4 tsp. paprika *1/8 tsp. ground ginger *1/8 tsp. ground cinnamon *dash ground cloves *dash cayenne pepper Preheat oven to 400°. In a large bowl, toss carrots with oil. Mix seasonings; sprinkle over carrots & toss to coat. Arrange carrots in a single layer on a baking pan coated with cooking spray. Roast 25-30 minutes or until lightly browned & crisp-tender, stirring occasionally.

Balsamic Kale Salad

*2 Tbsp. butter *1/4 cup diced onion * 2 peppers, diced *8 ozs. mushrooms, sliced *4 cups kale *1 tsp. garlic, minced *1 Tbsp. balsamic vinegar *1/4 cup Asiago cheese *salt & pepper In a large skillet over medium heat, melt one Tbsp. of butter. Add the onions & peppers; sauté for several minutes until softened. Add the mushrooms & one tablespoon butter; sauté for several minutes until browned. Add the kale, garlic & balsamic vinegar. Sauté until the kale is deep green but not yet wilted. Remove from heat & serve topped with Asiago or Parmesan cheese. Season with salt & pepper to taste.

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Storage Tips

Oranges: Store unwashed in the crisper drawer of your refrigerator.

Watermelon: A ripe watermelon will have a yellowish-white resting spot, opposed to a white or pale green spot (where the melon rested on the ground). If it is not yet ripe, give it a few days. Also, a soft “give” when you press the blossom end of the melon (opposite the stem end), indicated ripeness. Store watermelon in the refrigerator & once cut, be sure to wrap in plastic or foil & store in 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.

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.

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

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 - wrap cucumbers individually in a paper towels & then place in a plastic bag & store in the crisper drawer of the refrigerator.