

Baked Parmesan Zucchini Rounds

*2 medium sized zucchini *1/2 cup freshly grated Parmesan cheese *salt & pepper

Place oven rack in center position of oven. Preheat to 425°F. Line a baking sheet with foil (lightly misted with cooking spray) or parchment paper. Wash & dry zucchini & cut into 1/4-inch thick slices. Arrange zucchini rounds on prepared pan, with little to no space between them. If desired, lightly sprinkle zucchini with garlic salt & pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of zucchini. Bake for 15 to 20 minutes, or until Parmesan turns a light golden brown. (Watch these closely the first time you make them & pull them out of the oven early if the Parmesan is golden before 15 minutes!) Serve immediately.

Sautéed Mushrooms

*1 1/2 Tbsp. olive oil *1 1/2 Tbsp. butter *8 ozs. mushrooms, sliced *1 clove garlic, thinly sliced *1/2 Tbsp. red cooking wine *1/2 Tbsp. Teriyaki sauce, or more to taste *1/4 tsp. garlic salt, or to taste *pepper
Heat olive oil & butter in a large saucepan over medium heat. Cook & stir mushrooms, garlic, cooking wine, teriyaki sauce, garlic salt & black pepper in the hot oil & butter until mushrooms are lightly browned, about 5 minutes. Reduce heat to low & simmer until mushrooms are tender, 5 to 8 more minutes.

Oven Roasted Potatoes

*1/8 cup olive oil *1 Tbsp. minced garlic *1/2 tsp. dried basil *1/2 tsp. dried dill weed *1/2 tsp. dried thyme *1/2 tsp. dried oregano *1/2 tsp. dried parsley *1/2 tsp. crushed red pepper flakes *1/2 tsp. salt *4 large potatoes, peeled & cubed
Preheat oven to 475 degrees F. In a large bowl, combine oil, garlic, basil, dill weed, thyme, oregano, parsley, red pepper flakes & salt. Stir in potatoes until evenly coated. Place potatoes in a single layer on a roasting pan or baking sheet. Roast for 20 to 30 minutes in the preheated oven, turning occasionally to brown on all sides.

Asian Cucumber Salad

*2 cucumbers, halved lengthwise, seeded & sliced *2 tsp. salt *1/2 cup rice vinegar *1/4 cup white sugar *2 Tbsp. sesame oil *1 Tbsp. minced garlic *1 Tbsp. minced fresh ginger root *1 Tbsp. sesame seeds *1/2 tsp. fresh red pepper flakes
Put the cucumber slices in a colander & sprinkle with salt. Set aside for 1 hour. Whisk the vinegar & sugar together until the sugar is dissolved. Add the sesame oil, garlic & sesame seeds; stir. Rinse the salt off the cucumbers by running under cold water. Place in a large bowl & add the red pepper flakes. Drizzle the dressing over the cucumbers & toss to coat. Serve immediately.

Creamy Mushroom Fettuccine

*1 pkg. (9 oz.) refrigerated fettuccine *1 Tbsp. olive oil *1/2 cup chopped onion *8 oz. mushrooms *2 cloves garlic, minced *3/4 tsp. salt *1/4 tsp. pepper *1/4 cup white wine (optional) *1/2 tsp. dried Thyme *1/3 cup half-and-half *1/4 cup grated Parmesan cheese *2 Tbsp. dried parsley
Cook pasta to cooking directions (omitting salt & fat). Drain. Heat a large skillet over med-high heat. Add oil & swirl to coat. Add onion, mushroom, garlic, 1/4 tsp. salt & pepper. Sauté 10 minutes or until mushrooms have browned. Add wine & thyme. Cook 2 minutes or until liquid evaporates; stirring occasionally. Remove pan from heat. Add hot cooked pasta, remaining 1/2 tsp. salt, half-and-half & Parmesan cheese to pan, tossing to combine. Sprinkle with parsley & serve.



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Storage Tips

Pineapple: 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 sheet helps prevent the chunks from sticking together).

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

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

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

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

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.

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

Potatoes - Store in a well-ventilated area so they stay fresh longer. Do not refrigerate. Place them in a metal basket or rack, a wooden crate or a cardboard box with holes. Keep out of sunlight & in a cool, dark & slightly humid place, like a basement, unheated closet or cupboard.