

Garden to Doorstep Organics

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Parmesan Garlic Spaghetti Squash

*8 Tbsp. unsalted butter *3 cloves garlic, minced *1/4 cup vegetable broth *1/2 cup grated parmesan *1 Tbsp. dried parsley FOR THE SQUASH: *1 squash *2 Tbsp. olive oil *salt & pepper

Preheat oven to 375 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

Cut the squash in half lengthwise from stem to tail & scrape out the seeds. Drizzle with olive oil & season with salt & pepper, to taste. Place squash, cut-side down, onto the prepared baking dish. Place into oven & roast until tender, about 35-45 minutes. Remove from oven & let rest until cool enough to handle. Using a fork, scrape the flesh to create long strands. Melt 4 Tbsp. butter in a large skillet over medium high heat. Add garlic & cook, stirring frequently, until fragrant, about 1 minute. Stir in vegetable broth. Bring to a boil; reduce heat & simmer until reduced by half, about 1-2 minutes. Stir in remaining 4 Tbsp. butter, 1 Tbsp. at a time, until melted & smooth. Stir in spaghetti squash & gently toss to combine until heated through, about 2 minutes. Serve immediately, topped with Parmesan and garnished with parsley, if desired.

Sweet Spaghetti Squash Kugel with Raisins & Apples

*4 cups cooked spaghetti squash *3 eggs *1/2 cup sugar *2 tsp. cinnamon
*2 apples, peeled, cored & thinly sliced *1/3 cup raisins

Preheat oven to 375°F. Spray an 8x8" baking dish with cooking spray, or lightly grease with melted coconut oil. In a large bowl, whisk together eggs, sugar & cinnamon. Add spaghetti squash & toss to coat. Mix in apples & raisins. Pour the mixture evenly into the prepared baking dish. Bake for 45 minutes or until golden & set. Cool before slicing.

Spaghetti Squash Hash Browns

*1/2 spaghetti squash, roasted *1/3 onion, diced *2 pieces Morning Star Veggie Bacon *4 eggs

Roast spaghetti squash by trimming off each end & slicing crosswise. Place seed side down in baking dish with 2 inches of water. Roast at 400 for 30-40 minutes. Once done, remove seeds & pulp. Squeeze out excess moisture. Form into patties. Season with salt. Fry Morning Star veggie bacon in a pan with onions according to box instructions. Break bacon into small pieces. Remove veggie bacon & onions & set aside. Fry the hash brown patties in the same pan. They do not need a lot of oil to fry. Place onions & veggie bacon on top.

Roasted Yams

*Yams *honey *salt & pepper *scallions (optional) *low fat yogurt (optional)

Cut yams into long skinny pieces. Toss the slices in honey. Heat oven to 425 degrees. Transfer yam pieces to foil-lined baking sheet. Season with salt & pepper. Bake until they are deeply caramelized around the edges & soft when pierced with a fork at their thickest part, approximately 30-35 minutes. Top with low-fat yogurt & scallions if desired.

Pasta with Grape Tomatoes & Roasted Garlic

*grape tomatoes, cut in half *9 gloves garlic, cut in half *1/4 cup olive oil *1 tsp. dried basil *1/2 tsp. salt *1/4 tsp. hot pepper flakes *1/4 tsp. pepper *1 lb. bow tie pasta *1 Tbsp. dried parsley *1/2 cup shredded parmesan cheese

In a bowl toss sliced tomatoes, sliced garlic, oil, basil, salt, hot pepper flakes & pepper. Place in a 9 X 13 metal cake pan & roast at 400°F for approximately 30 minutes. The tomatoes should be shriveled & the garlic tender. Cook pasta in a pot of salted boiling water while tomatoes & garlic are cooking. Drain & return pasta to pot. Add garlic tomato mixture & parsley, tossing to coat. Serve with sprinkle freshly grated Parmesan cheese. If you don't have any fresh Parmesan try other sharp hard cheeses such as Romano or Asiago.

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Storage Tips:

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

Strawberries: Store in the crisper drawer of your refrigerator. Wash just before eating.

Spaghetti Squash: Store squash in a cool, dry place. Cut squash should be tightly wrapped in plastic wrap and refrigerated.

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.

Sweet Potatoes - store at cool room temperature, preferably in a dark place away from light. Do not refrigerate.

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

Garlic: Store in a mesh bag or paper bag.