

## 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 sheets helps prevent the chunks from sticking together).

Peaches: Store peaches and nectarines at room temperature until ripe — this usually takes 2 to 3 days. A ripe fruit will yield a bit when pressed gently. To speed up the ripening process, place peaches in a paper bag and store at room temperature, out of direct sunlight. Once ripe, store them in the crisper drawer of the refrigerator.

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

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

Fingerling 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.

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

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.

## Spaghetti with Cherry Tomatoes & Kale

\*1 pound spaghetti \*1 pint cherry tomatoes, halved \*2 Tbsp. lemon juice \*1/4 cup + 3 Tbsp. olive oil \*2 tsp. salt \*1 bunch kale, chopped \*salt & pepper to taste \*parmesan for serving

Boil a kettle of water. In a pan, add pasta, tomatoes, lemon juice, oil & salt. Add 1 quart boiling water & cover. Bring to boil again. Remove lid & simmer on high for 6 minutes, stirring often. Once pasta cooked for 6 minutes, add kale & cook for 2 more minutes. Once almost all of the water has evaporated, remove from heat & sprinkle with parmesan.

## Delicious Fingerling Potatoes

\*1 pound fingerling potatoes \*3 Tbsp. grated parmesan cheese \*2 tsp. dried parsley \*2 Tbsp. olive oil \*1 tsp. dried rosemary, crushed \*1 Tbsp. butter, melted \*1/4 tsp. salt \*1/4 tsp. pepper

Preheat oven to 425°. Place potatoes in a large saucepan & cover with water. Bring to a boil. Reduce heat; cover & cook 10 minutes. Drain. Transfer to a greased 15x10x1-in. baking pan. Combine the remaining ingredients; drizzle over potatoes & toss to coat. Bake, uncovered, 8-10 minutes or until tender, stirring once.

## Thai Pineapple Fried Rice

\*2 Tbsp. vegetable oil \*2 eggs beaten with a dash of salt \*1 1/2 cups chopped pineapple \*peppers, diced \*3/4 cup chopped onion \*2 cloves garlic, minced \*1/2 cup chopped cashews \*2 cups cooked & chilled brown rice \*1 Tbsp. soy sauce \*1-2 tsp. chili garlic sauce \*1 small lime, halved \*salt to taste

Heat a large wok or frying pan over medium-high heat. Once the pan is hot enough that a drop of water sizzles on contact, add 1 tsp. oil. Pour in the eggs & cook, stirring frequently, until the eggs are scrambled & lightly set, about 30 seconds to 1 minute. Transfer the eggs to an empty bowl. Wipe out the pan if necessary with a paper towel. Add 1 Tbsp. oil to the pan & add the pineapple & red pepper. Cook, stirring constantly, until the liquid has evaporated & the pineapple is caramelized on the edges, about 3 to 5 minutes. Add the green onion & garlic. Cook until fragrant while stirring constantly, about 30 seconds. Transfer the contents of the pan to your bowl of eggs. Reduce the heat to medium & add the remaining 2 tsp. oil to the pan. Pour in the cashews & cook until fragrant, stirring constantly, about 30 seconds. Add the rice to the pan & stir to combine. Cook until the rice is hot, stirring occasionally, about 3 minutes. Pour the contents of the bowl back into the pan & stir to combine. Cook until the contents are warmed through, then remove the pan from heat. Add the tamari & chili garlic sauce, to taste. Squeeze the juice of 1/2 lime over the dish & stir to combine. Season to taste with salt & enjoy.

## Spaghetti Squash Recipe

\*1 spaghetti squash, halved lengthwise & seeded \*2 Tbsp. vegetable oil \*1 onion, chopped \*1 clove garlic, minced \*1 1/2 cups cherry tomatoes, chopped \*3/4 cup crumbled feta cheese \*3 Tbsp. sliced black olives \*1 Tbsp. dried basil  
Preheat oven to 350 degrees. Lightly grease a baking sheet. Place spaghetti squash with cut sides down on the prepared baking sheet & bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven & set aside to cool enough to be easily handled. Meanwhile, heat oil in a skillet over medium heat. Cook & stir onion in oil until tender. Add garlic; cook & stir until fragrant, 2 to 3 minutes. Stir in tomatoes & cook until tomatoes are warmed through. Use a large spoon to scoop the stringy pulp from the squash & place in a medium bowl. Toss with the vegetables, feta cheese, olives & basil. Serve warm.

## Kale & Pepper Stir Fry

\*2 Tbsp. olive oil \*1/2 medium onion, sliced \*2 cloves garlic, minced \*peppers, seeded & thinly sliced \*1 bunch kale, destemmed & chopped \*2 tsp. Worcestershire sauce \*1 tsp. balsamic vinegar \*1/2 tsp. smoked paprika \*salt & pepper to taste

Heat a large skillet over medium-high heat. Add the oil & stir in the onions. Cook for about 2 minutes or until the onions are soft. Add the garlic & peppers; stirring occasionally. Cook for 3 to 5 minutes or until the peppers are softened. Add the kale & stir in the Worcestershire sauce, balsamic vinegar & smoked paprika. Cook for 2 to 3 minutes or until the kale is softened. Season with salt & pepper.

*Eat Healthy without  
the Hassle*