

# Garden to Doorstep Organics

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## Sweet Potato Fries

\*1 ¼ pounds sweet potatoes \*2 Tbsp. potato starch \*1/2 tsp. salt \*1/4 tsp. pepper \*1/4 tsp. garlic powder \*1/4 tsp. paprika \*3 Tbsp. olive oil

Set oven rack to the middle position. Preheat oven to 400°F. Line a baking sheet with foil & place in oven to heat before roasting the potatoes. Peel sweet potatoes & cut into 3/8-inch thick & about 3 to 4 inch long pieces. Place potatoes in a large bowl. In a small bowl whisk together potato starch, salt, pepper, garlic powder & paprika. Add spice mixture to the potatoes & mix to evenly coat. Drizzle olive oil over sweet potatoes & mix to evenly coat. Carefully remove the hot baking sheet from the oven. Evenly space the sweet potato fries on the pan so they do not touch. Bake fries for 15 minutes. Use a spatula to carefully flip the fries over & cook until lightly brown & crisp, about 10 to 15 minutes. Enjoy the sweet potato fries hot from the oven. The fries will not be as crispy once completely cooled.

## Zucchini, Carrots & Barley

\*1 large zucchini, quartered & sliced \*1 large carrot, chopped \*1 Tbsp. butter \*2 cups veggie broth \*1 cup quick-cooking barley \*1/2 onion, chopped \*1/2 tsp. dried marjoram \*1/4 tsp. salt \*1/8 tsp. pepper  
In a large saucepan, sauté zucchini & carrot in butter until crisp-tender. Add broth; bring to a boil. Stir in barley. Reduce heat; cover & simmer until barley is tender, 10-12 minutes. Stir in the onions, marjoram, salt & pepper. Remove from the heat; cover & let stand for 5 minutes.

## Eggplant on the Grill

\*eggplant \*1 tsp. salt \*1/4 cup olive oil \*1 ½ cloves garlic, crushed \*1 tsp. dried parsley \*1 tsp. dried oregano \*1/4 tsp. pepper \*1/4 tsp. salt  
Cut the eggplant into 1/4 inch thick slices & generously salt each slice. Let them rest for about 15 minutes so that the salt can draw out the moisture & bitterness. Wipe each of the slices with a paper towel to remove the salt & moisture. Preheat the barbecue to medium heat.  
In a large dish combine the olive oil, garlic, parsley, oregano, salt & pepper. Place each of the eggplant slices in the dish, flipping them over to ensure both sides are covered in oil. Grill for approximately 6 minutes per side until golden in color with grill marks. If the eggplant slices become dry & stick to the grill, brush them with more oil.

Once the eggplant is tender and cooked. Remove from the grill & return back to oil, herb & garlic mixture in the pan. Flip once so that both sides are coated before transferring to a serving platter. Spoon any of the excess herbs & garlic overtop before serving. The eggplant can be enjoyed hot or at room temperature & will last for up to 4 days in the fridge.

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## Zucchini with Mushrooms

\*3 cups sliced zucchini \*2 cups sliced mushrooms \*1/3 cup sliced onions \*1/2 tsp. dried basil \*1/4 tsp. salt \*1/2 cup shredded cheese  
Preheat oven to 350°. Toss together first 5 ingredients; place in a shallow greased 2-qt. baking dish. Bake, covered, 30 minutes. Sprinkle with cheese. Bake, uncovered, until vegetables are tender, about 10 minutes.

## Eggplant Pizza

\*1 eggplant, cut into ¼ inch pieces \*1 Tbsp. salt \*3 cloves garlic, minced \*1 Tbsp. olive oil \*1 tsp. Italian seasoning \*1 cup pizza sauce \*1 cup mozzarella, shredded  
Sprinkle the eggplant with the coarse salt, let sit on paper towels for 10-15 minutes and wipe dry.  
Preheat oven to 400F. In a small bowl, combine the crushed garlic, olive oil & Italian seasoning, Brush the mixture onto both sides of the eggplant slices & bake for 15 minutes. Remove eggplant from oven & flip eggplant slices, top each slice with a tablespoon of marinara sauce & a sprinkle of cheese. Return to oven & bake for another 10 minutes or until cheese is fully melted.



### Storage Tips:

Cara Cara Oranges – Store in the crisper drawer of the refrigerator.

Kiwi: A ripe kiwi will give a little when you gently press it with your thumb & will smell slightly fragrant. If it is not ripe, store in a paper bag on the counter to ripen. Once ripe, store in the crisper drawer of the refrigerator.

Sweet Potatoes – Store in the crisper drawer of the refrigerator.

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.

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

Carrots with greens – Remove the greens from the carrots & store them separately. 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). Pat the greens dry with a paper towel. Wrap the greens in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

Eggplant: Punch some holes in a plastic bag. Wrap the eggplant in paper towel & place in the plastic bag. Store in the crisper drawer of the refrigerator.