

Tomato & Roasted Carrot Soup

*2-3 tomatoes, diced *2 large carrots, peeled & cut into chunks *1/2 onion, cut into chunks *4 cloves garlic, unpeeled *2 Tbsp. olive oil *1/4 tsp. red pepper flakes *4 cups vegetable broth *salt & pepper *optional-reduced fat Greek yogurt
Heat oven to 375 °. Arrange tomatoes, carrots, onion & garlic on a heavy duty sheet tray, drizzle with oil & season with salt, pepper & red pepper flakes. Roast for 50-55 minutes, flipping occasionally, until tender & browned in spots. Add the vegetable broth to a large saucepan & bring up to a simmer (reserving 1/3 cup). Remove sheet tray from oven, add tomatoes, the garlic slipped out of its skin, carrots & onions into saucepan & set the sheet tray over two burners on medium high heat. Add the reserved 1/3 cup vegetable broth to the bottom of the sheet pan & scrap up any browned spots with the back of a wooden spoon. Add the liquid to the saucepan along with a bay leaf & simmer for 10 minutes so the flavors can marry. Remove bay leaf & puree until smooth using an immersion blender. Serve with a dollop of Greek yogurt, if desired.

Sautéed Carrots

*1 ½ to 2 pounds carrots *1 tsp. salt *1/4 tsp. pepper *2 Tbsp. unsalted butter *1 ½ tsp. dried dill or parsley
Peel the carrots & cut them diagonally in 1/4-inch slices. Place the carrots, 1/3 cup water, the salt & pepper in a large (10- to 12-inch) sauté pan & bring to a boil. Cover the pan & cook over medium-low heat for 7 to 8 minutes, until the carrots are just cooked through. Add the butter & sauté for another minute, until the water evaporates & the carrots are coated with butter. Off the heat, toss with the dill or parsley. Sprinkle with salt & pepper & serve.

Marinated Tomato, Onion & Cucumber Salad

*1 cup water *1/2 cup white vinegar *1/4 cup vegetable oil *1/4 cup sugar *2 tsp. salt *1 Tbsp. pepper *2-3 cucumbers, peeled & sliced ¼ inch thick *3 tomatoes, cut into wedges *1 onion sliced & separated into rings
Whisk water, vinegar, oil, sugar, salt & pepper together in a large bowl until smooth. Add cucumbers, tomatoes & onion and stir to coat. Cover bowl with plastic wrap; refrigerate at least 2 hours.

*“If we had no
winter, the
spring would
not be so
pleasant”*

Anne Bradstreet

Tomato Zucchini Bake

*2-3 zucchini, chopped *2 tomatoes, diced *2 cloves garlic, minced *olive oil for drizzling *salt & pepper *1/3 cup grate parmesan cheese
Preheat oven to 350°. In a large bowl, combine zucchini, tomatoes, garlic & a drizzle of olive oil. Season with salt & pepper & toss to coat. Transfer vegetables to a small baking dish, then sprinkle with Parmesan. Bake until golden, 33 to 35 minutes.

Simple Greek Pasta Salad

*16 oz. short pasta (rotini, bow ties, penne) *1 cucumber, diced *2 tomatoes, diced *1 pepper, diced *1/2 cup sliced, pitted olives *1/2 cup feta cheese, cubed *1/3 cup onion, diced
Dressing: 1 cup bottled Greek vinaigrette dressing or *1/4 cup red wine vinegar *1/3 cup olive oil *1/2 tsp. garlic powder *1 tsp. oregano *salt & pepper
Whisk together dressing ingredients. Cook pasta al dente according to package directions. Rinse under cold water. Combine all ingredients in a large bowl. Add dressing & toss. Refrigerate at least 2 hours before serving.



Garden to Doorstep Organics

Storage Tips

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.

Apples: Store in the crisper drawer of your refrigerator.

Carrots & Beets - 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 & Beet greens are edible & good for you. They can be chopped up and added to soups, stews or casseroles.

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.

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

Cucumbers - wrap cucumbers individually in a paper towels & 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.