

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

Chicken Broccoli and Sweet Potato Sheet Pan Dinner

Ingredient List

- 3 cups peeled and diced sweet potatoes (about 2 medium potatoes)
- 4 Tbsp. olive oil (or oil of choice)
- 1 1/2 lbs. boneless, skinless chicken breast; cooked and diced
- 4 cups chopped broccoli florets
- 1/2 medium red onion, diced
- 3 cloves minced garlic (or 1 tsp. garlic powder)
- 1/2 tsp. each dried thyme, sage, parsley, and rosemary (or whatever herbs you have on hand)
- 1/8 tsp. nutmeg
- Salt and pepper
- 1/2 cup chopped pecans (optional)
- 1/3 cup dried cranberries (optional)

Cooking Instructions

1. Preheat oven to 400° F.
2. Place sweet potatoes in a mound on a rimmed baking sheet, pour oil over top and toss to coat.
3. Spread into an even layer and roast in preheated oven for 15 minutes (continue to prep remaining ingredients).
4. Remove potatoes from oven and add chicken, broccoli, and onion over top.
5. Sprinkle with garlic, herbs, nutmeg, salt, pepper, and pecans.
6. Toss to coat and spread evenly on the pan.
7. Return pan to oven and roast about 16-20 minutes longer, tossing halfway through.
8. Add cranberries and mix.
9. Enjoy!

Quick Pickled Radishes

Ingredient List

- 1 bunch of radishes
- 1/2 cup apple cider vinegar
- 1 Tbsp. granulated sugar
- 1 1/2 tsp. salt
- 1 cup hot or warm water

Some fun add-ins:

- Red pepper flakes
- Mustard seeds
- Black peppercorns
- Coriander seeds
- Fresh dill
- Garlic cloves

Cooking Instructions

1. Slice radishes thinly.
2. Put the radishes in a jar of your choice, or any other container that has a lid.
3. In a bowl, combine apple cider vinegar, salt, sugar, and warm water.
4. Stir until sugar and salt is dissolved.
5. Pour this pickling mixture over your sliced radishes and let them sit for an hour.
6. After an hour, cover and store in the fridge for up to three weeks.
7. Enjoy with tacos, on a burger, on a sandwich... the options are endless!

What are some of your favorite ways to prepare the food in this week's bag?

Email Hanna at hanna@feedinglaramievalley.org to volunteer and share your recipes or visit

www.feedinglaramievalley.org/sharerecipeproject