



## Ideas for This Week's Winter Shares Bag

The Shares Team is excited to pass on our favorite ways of preparing this week's produce. What are some of your favorite ways to prepare the food in this week's bag? Let us know next week during pick-up or delivery!

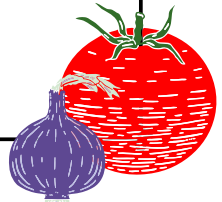
### Simple Guacamole

- 3 avocados, pitted and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup of diced onion
- Grape tomatoes, diced
- 1 teaspoon minced garlic (can substitute with 1 tsp garlic powder)
- Pinch of ground cayenne pepper (optional)

1. In a medium bowl, mash together the avocado, lime juice, and salt.
2. Mix in the onion, tomato, and garlic. If using cayenne, mix this in as well.
3. Refrigerate for 1 hour before serving for best results.

\*May have to adjust recipe based on availability of ingredients.

Guacamole recipe from: [allrecipes.com](http://allrecipes.com)  
Salad recipe from: [food.com](http://food.com)



### Bell Pepper

Bell peppers, while great on their own, are a versatile vegetable that could quickly become a lunch or dinner staple. Consider trying:

- Stuffed bell peppers
- Bell peppers in a wrap or on a sandwich
- Saute them in olive oil with onions until soft for a great topping for sandwiches
- Chop up peppers and cook them for an easy addition to pasta sauce.

### Tomato and Avocado Salad

- Avocado, cut into chunks
  - Grape tomatoes, halved
  - 3 tbsp olive oil
  - 1 1/2 tsp white vinegar
  - 1/4 cup thinly sliced onion
  - Salt and pepper, to taste
1. Whisk together olive oil and vinegar in a salad bowl. Add salt and pepper to taste.
  2. Put the remaining ingredients in the bowl.
  3. Toss to combine.

### Important Reminder

**We're excited to begin sharing in 2020! Please, if your contact information (email address or phone number) has recently changed, be sure to let us know by giving us a call or telling us during pick-up.**

**Thank you and let us know if you have any questions! Ask in person at our building, or call us at (307)-223-4399**