

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

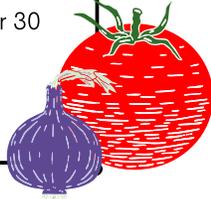
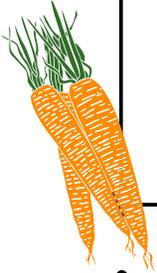
### Braised Cabbage and Apples

#### Ingredient List

- 1 Tbsp. butter, coconut oil, or olive oil
- 1 small onion, thinly sliced
- 2 green apples, chopped
- 2 cloves of garlic, chopped
- 1 small head of red cabbage, chopped
- 1/4 cup balsamic vinegar
- 2 Tbsp. honey
- Salt and Pepper, to taste

#### Cooking Instructions

1. Melt butter or heat oil in a large saute pan over medium high heat.
2. Add onions along with a pinch of salt, and saute for 6-8 minutes, or until onions are translucent.
3. Add apples and garlic to the pan, season with a little more salt and pepper, and cook for 2 more minutes.
4. Next, add the red cabbage, balsamic vinegar, honey, and a splash of water. Season again with salt and pepper.
5. Allow the cabbage to slowly simmer on the stovetop for 30 minutes, stirring every so often.
6. If the pan seems dry, add more water as needed.
7. Cook until the cabbage is tender and fully cooked.



### Squash Fries

#### Ingredient List

- 2 yellow squash
- Flour (about 1/2 cup)
- 1-2 eggs
- Crumbs (bread crumbs, cracker crumbs, crushed rice krispies, etc.) about 1/2 cup
- Onion powder
- Garlic powder
- Paprika
- Oregano
- Salt and Pepper
- Neutral oil

#### Cooking Instructions

1. Heat a pan over medium high heat with about 1/4 inch of oil.
2. Cut squash lengthwise into strips about 1/4 inch thick.
3. Combine flour and a pinch of salt and pepper in a bowl.
4. In a separate bowl, combine crumbs, onion powder, garlic powder, paprika, oregano, and salt and pepper to taste.
5. In a separate bowl, whip eggs until combined.
6. Batter the squash fries by coating them in flour, making sure to shake off the excess flour.
7. Next, dip the fries into the egg, and finally into the crumb mixture.
8. Carefully place the squash fries into the oil, turning occasionally.
9. Remove and drain when fries are golden brown. Drain on paper towels or a wire rack.
10. Enjoy with pesto or your favorite dipping sauce!

**Public Health Notice:** There is a national onion recall which is tied to salmonella outbreaks in 34 states. The onions in your Shares bag **are not** from the distributors who issued the recall, and are safe to eat. Please call 307.223.4399 if you have any further questions.

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

Email Hanna at [hanna@feedinglaramievalley.org](mailto:hanna@feedinglaramievalley.org) to volunteer and share your recipes or visit

[www.feedinglaramievalley.org/sharerecipeproject](http://www.feedinglaramievalley.org/sharerecipeproject)