

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

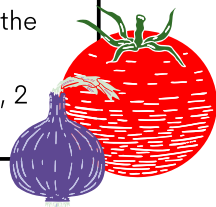
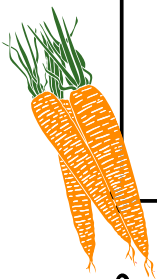
Chicken Piccata with Spinach and Tomatoes

Ingredient List

- 4 boneless skinless chicken thighs (about 1 pound)
- Salt and Pepper
- 1/2 cup AP flour
- 6 Tbsp. olive oil
- 3 garlic cloves, minced
- 2 tomatoes, cubed
- 1/2 cup white wine (or any kind of cooking wine)
- 1 cup chicken stock
- 2 Tbsp. unsalted butter, cubed
- 5 ounces spinach
- 1/4 cup capers (optional, could sub with olives)
- 1 lemon, halved, plus wedges to serve

Cooking Instructions

1. Place the chicken thighs in a plastic bag and, using a meat tenderizer or other heavy object, pound until 1/4-inch thick.
2. Season the chicken all over with salt and pepper, then dredge completely in the flour.
3. Heat olive oil in a large skillet over medium. Working in batches, cook the chicken, flipping once, until golden, 5 to 6 minutes. Transfer to a plate and set aside.
4. Add the garlic to the skillet and cook until fragrant, about 1 minute.
5. Add tomatoes to the skillet and cook till they are broken down and smoother in consistency, about 3-5 minutes.
6. Add the white wine and cook until reduced by half, 2 minutes.
7. Add the chicken stock and cook until slightly thick, 3 to 4 minutes, then add the butter, one cube at a time, until emulsified.
8. Stir in the spinach and capers and cook until the spinach has wilted, 2 minutes more. Add the chicken back to the skillet and squeeze in the juice from the lemon half.
9. Continue to cook until the chicken is cooked through, 2 minutes more.



Banana Cream Pudding

Ingredient List

- 2 cups milk
- 1/4 cup granulated sugar
- 2 egg yolks
- 3 Tbsp. corn starch
- 1 tsp. vanilla
- 1/4 tsp. salt
- 2 large bananas, sliced
- Nilla wafers or graham crackers (optional)

Cooking Instructions

1. In a medium saucepan, whisk together sugar, cornstarch, salt, milk, vanilla, and egg yolks.
2. Cook over medium heat, whisking frequently.
3. Cook until bubbly and thickened, about 6-8 minutes. Remove from heat.
4. Transfer the pudding into separate bowl and chill.
5. Once pudding is chilled, layer it with sliced bananas and Nilla wafers or graham crackers.

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