

FEEDING



Laramie Valley

Recipe ideas based on this week's Shares bag

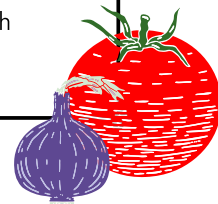
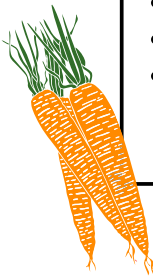
Baked Chicken Salad

Ingredient List

- ½ tablespoon brown sugar, packed
- ¾ teaspoons paprika
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 1/8 teaspoon cracked black pepper
- ½ teaspoon chili powder
- 2 large chicken breasts
- ½ tablespoon olive oil
- Thinly sliced cucumber
- Shredded Cheese
- Mixed Salad Greens
- Thinly sliced radishes
- Dressing of choice

Cooking Instructions

1. Preheat oven to 425°F.
2. Using a meat mallet or rolling pin, pound each chicken breast to about 1 inch at the thickest part. Make sure your fillets are all the same thickness to ensure even cooking.
3. Combine sugar, paprika, oregano, salt, powders, pepper and chili powder in a small bowl.
4. Toss chicken in the seasoning then drizzle with olive oil.
5. Line a baking pan with baking paper. Transfer chicken to the pan.
6. Bake chicken in preheated oven for 16-18 minutes, or until internal temperature is 165°F.
7. Broil on high heat for an additional 2 minutes, until golden and crisp.
8. Remove chicken from oven and let rest for 5 minutes.
9. Slice chicken into ¼ inch slices and serve over a bed of salad greens, sliced radishes and cucumber slices. Top with dressing and enjoy!



Cucumber Radish Salad

Ingredient List

- 1 cucumber, thinly sliced
- 20 radishes, thinly sliced
- ½ c chopped green onion (or chives), optional
- ¾ c sour cream (or use plain Greek yogurt for a "lighter" version)
- Salt, to taste

Cooking Instructions

1. In a medium bowl, mix together cucumber, radish and green onions.
2. Add in sour cream and salt.
3. Stir to coat the veggies.
4. If you like dill, adding a tsp of dried (or some diced, fresh dill if you have it) would add a nice touch, too!
5. Serve.

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