

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

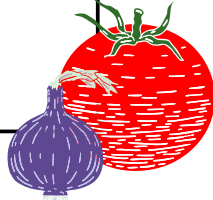
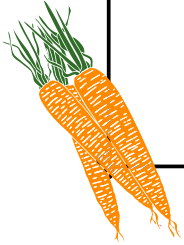
Brussel Sprouts with Bacon and Hazelnuts

Ingredient List

- 4 Cups Brussel sprouts
- 3 Strips of bacon, cooked and then crumbled into pieces
- 1/4 Cup chopped hazelnuts (optional)
- 2 Tablespoons maple syrup

Cooking Instructions

1. Cook bacon in a pan on low heat, flipping it so that it browns evenly. While cooking, trim stems and wilted outer leaves off of Brussel sprouts and then slice them in half.
2. Once bacon is cooked, remove from the pan and put aside.
3. Add Brussel sprouts to the pan and fry them in bacon grease on medium-low heat, stirring regularly until lightly browned and cooked through (roughly 10-15 minutes).
4. While Brussel sprouts are cooking and after bacon has cooled, crumble it into bits.
5. Stir in hazelnuts and cook for another 2 minutes.
6. Stir in bacon bits and maple syrup. Serve immediately.



Pasta with Red Pepper and Zucchini Sauce

Ingredient List

- 2 Red peppers, roughly chopped with seeds removed
- 2 Zucchini, chopped
- 1 Tablespoon butter
- 1/2 Cup vegetable or chicken broth
- 2 Teaspoons lemon juice
- 1 16 Oz package of any pasta, cooked according to package

Cooking Instructions

1. Boil water in a pot, add pasta, and cook according to instructions on package. In a large pan on medium heat, cook red peppers in butter on medium heat until soft.
2. With a blender or food processor, combine broth, cooled red peppers and lemon juice. Blend until smooth. You can also hand mash peppers for a chunkier sauce.
3. In the same pan used to cook red peppers, cook the zucchini on medium heat for five minutes.
4. Combine red pepper sauce into pan with cooked zucchini until it begins to bubble. Serve over cooked pasta.

What are some of your favorite ways to prepare the food in this week's bag?
Email Taylor at taylor@feedinglaramievalley.org to volunteer and share your recipes or visit
www.feedinglaramievalley.org/shares-recipes