

# FEEDING

## Laramie Valley



### Recipe ideas based on this week's Shares bag

## Pasta with Roasted Pepper and Carrot Sauce

#### Ingredients

- 1 red bell pepper or sweet peppers (cut into strips)
- 1 yellow bell pepper or sweet peppers (cut into strips)
- 3 carrots, peeled and cut into 1½"-thick rounds
- 4 garlic cloves, unpeeled
- 2 tablespoons olive oil
- ½ cup half-and-half or dairy-free cream
- pinch of dried chili flakes (optional)
- sea salt and freshly ground black pepper, to taste
- 8 ounces shells or other short pasta

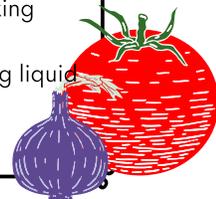
**NOTE:** a great non-dairy alternative to cream is *Silk Dairy-Free Whipping Cream*



#### Cooking Instructions

1. Preheat oven to 400 degrees. Place the bell peppers on one side of a baking sheet and the carrots and garlic on the other side. Drizzle with olive oil and toss to coat. Arrange vegetables in a single layer, bell peppers skin side up, and bake for 15 minutes. Remove from the oven, stir carrots and bake for 15 minutes. Remove carrots from the oven and broil the bell peppers until skins are charred, about 3 minutes. Transfer bell peppers to a bowl and cover with plastic wrap. Let stand until cool enough to handle; then rub off skins.
2. Transfer roasted bell peppers and carrots to a food processor. Squeeze out the roasted garlic and add to the food processor; purée until smooth. Transfer mixture to a large fry pan.
3. Add half-and-half and chili flakes, if using, and cook over medium heat, stirring occasionally, for 2 minutes or until heated through. Season with salt and pepper to taste.
4. Bring a large pot of salted water to a boil. Cook shells according to package directions. Drain, reserving 1 cup cooking liquid.
5. Add cooked pasta to the pan with sauce and toss gently to combine. If necessary, add some of the reserved cooking liquid to loosen the sauce. Season with additional salt and pepper to taste.

Full recipe at: <http://www.twoofakindcooks.com/pasta-roasted-bell-pepper-carrot-sauce/>



### Bell Pepper



#### Storage

Peppers should be stored unwashed and **loosely** in a **refrigerator** crisper drawer for approximately **1 week** at the most. Over time, the peppers will start to lose moisture causing crinkling and limpness.

#### Fun Facts

Green peppers are harvested immature but when left on the plant, they eventually mature into sweeter forms of red, orange, yellow, and purple.

### A New Way to Use Oranges

Pistachios (or any nut), Oranges, honey, and cinnamon make couscous a perfect breakfast dish. put the **1 1/4 cups couscous** and **1/4 tsp cinnamon** into a large bowl. Finely grate the **zest from an orange**, then squeeze its juice into a pan with the zest. Add **1 tsp butter**, **2 tbsp honey**, and **200ml water** and bring to a boil. Pour this over the couscous, cover with lid, then leave to absorb for 10 mins. Serve with fruit and yogurt!