

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

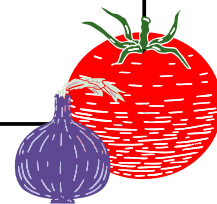
Fall Roasted Vegetable Medley

Ingredient List

- 4 carrots, sliced into circles
- 2 potatoes, cut into small 1 inch pieces
- 2 sweet potatoes, cut into small 1 inch pieces
- 1 acorn squash, cut in half with seeds removed. Peel the squash and cut into 1 inch pieces
- 1 onion, peeled and chopped into 1 inch pieces
- 3 Tbs. olive oil
- 1/2 tsp. salt
- 1 tsp. pepper
- 1 tsp. garlic salt
- 1 tsp. onion salt
- 2 garlic cloves, minced (optional)

Cooking Instructions

1. Preheat oven to 400. Line a baking sheet with aluminum foil.
2. Peel and chop all the veggies and throw them in a large bowl.
3. Once all the veggies, onion, and garlic are in a bowl pour the olive oil on top.
4. Add the seasonings and then stir. Spread out on a lined baking sheet. Bake for 20 minutes, then turn veggies over and bake for another 20 minutes.
5. Poke a fork into the veggies to test if done. The veggies should be soft and not hard anymore. Serve.



Sweet Potato Bread

Ingredient List

- 1 1/2 cup sugar
- 1/2 cup vegetable oil
- 2 eggs
- 1 3/4 cup flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/3 cup water
- 1 cup cooked, and mashed sweet potatoes
- 1/2 cup chopped pecans (optional)

Cooking Instructions

1. Peel and dice sweet potato. Place into a pot and cover with water. Boil until tender (about 20 minutes).
2. When potatoes are tender, drain off water, and mash to a smooth consistency; set aside to cool.
3. Preheat oven to 350.
4. In a medium-sized mixing bowl, combine sugar and oil. Add eggs, one at a time, and beat mixture well.
5. In a separate bowl, add flour, baking powder, salt, cinnamon and nutmeg. Whisk together with a whisk or fork.
6. Add dry ingredients to egg mixture and stir, just until moistened.
7. Gently stir in sweet potatoes and pecans (if using). Stir just until combined.
8. Pour mixture into a greased 9x5 loaf pan.
9. Bake for about one hour or until a toothpick inserted in the middle of the loaf comes out clean.

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