

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

### Cinnamon Roasted Sweet Potatoes and Apples

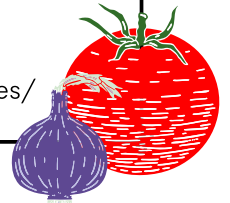
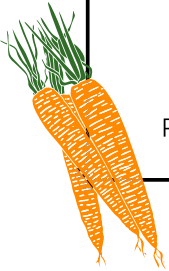
#### Ingredient List

- 2 medium sweet potatoes cut into 1 inch cubes
- 2 medium apples about cut into 1 inch cubes
- 3 Tbs. oil
- 1 tsp. salt
- 2 Tbs. maple syrup (can use regular syrup or honey as well)
- 1 tsp. ground cinnamon

#### Cooking Instructions

1. Preheat oven to 425 degrees F.
2. Grease a large baking pan, set aside.
3. In a large bowl, toss cubed sweet potatoes with 2 Tbs. of oil. Stir until coated. Add salt and stir until evenly distributed.
4. Bake in the preheated oven for 20 min, stirring halfway through, until sweet potatoes just barely start to brown.
5. While the sweet potatoes are baking: stir the remaining 1 Tbs. of oil into the apples. Add syrup and cinnamon and stir until combined.
6. After 20 minutes, or when the sweet potatoes have begun to brown, remove the sweet potatoes from oven and add the apple mixture and stir.
7. Return to the oven and bake for 20 more minutes, stirring halfway through.
8. Remove from oven and serve.

Recipe inspired by: <https://joyfoodsunshine.com/cinnamon-roasted-sweet-potatoes-and-apples/>



### Spinach and Cheese Egg Muffins

#### Ingredient List

- 10 eggs
- 1 tsp. salt
- 1/4 tsp. black pepper
- 1/2 tsp. garlic powder
- 1/2 tsp. dried basil (optional)
- 2 cups chopped spinach
- 1-1/2 cups cheese of choice

#### Cooking Instructions

1. Preheat oven to 400 F. Line a 12 count muffin pan with silicone liners or coat with non-stick cooking spray. Set aside.
2. In a large 4 cup measuring cup or mixing bowl, crack in eggs and whisk together with salt and black pepper.
3. Whisk in garlic powder and basil until combined. Stir in spinach and cheese. Divide evenly into muffin cups filling each about 2/3 full.
4. Sprinkle with more cheese if desired. Bake in preheated oven for 12-15 minutes, or until set.

Recipe inspired by: <https://lifemadesweeter.com/spinach-and-cheese-egg-muffins/>

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