

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

Spanish Roasted Sweet Potato Wedges with Avocado Ranch

Ingredient List

Sweet Potato Wedges

- 2-3 Sweet potatoes sliced into wedges
- 3-4 Tablespoons olive oil
- Pinch of salt and pepper
- 1/4 Teaspoon paprika
- 1/4 Teaspoon garlic powder
- 1/8 Teaspoon thyme (optional)

Avocado Ranch

- 1 Avocado, diced
- 1/3 Cup mayo
- 1/4 Cup milk
- 1/4 Teaspoon salt
- 1/4 Teaspoon pepper
- 1 Teaspoon parsley
- 1/2 Teaspoon garlic powder
- 1/2 Teaspoon onion powder

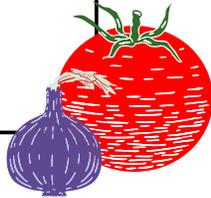
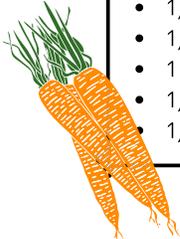
Cooking Instructions

Sweet Potato Wedges:

1. Preheat oven to 450. Line a baking sheet with foil or parchment paper. Drizzle a couple Tablespoons of olive oil on the foil lined pan. Place the wedges on the oil. Sprinkle with salt, pepper, and seasonings. Drizzle another Tablespoon of oil over the wedges and toss the wedges so all are coated with the oil and spices.
2. Bake 20 minutes and then turn over with spatula. Bake another 5-10 minutes or until crispy and golden.

Avocado Ranch:

1. Mix avocado, mayonnaise, milk, salt, pepper, parsley, garlic powder, and onion powder in food processor, blender, or by hand. Mix until smooth.
- For simpler option: Mix avocado with 1/2 cup bottled ranch dressing.



Sweet Potato Salad with Avocado Aioli

Ingredient List

- 2 Large sweet potatoes, peeled and cut into 1 inch cubes
- 1/2 Red onion, finely diced
- 2 Stalks celery, trimmed and finely diced
- 1/4 Cup pumpkin seeds (optional)
- 2 Tablespoons finely chopped fresh dill
- 1/4 Cup raisins (optional)
- 2 Avocados, pitted and peeled
- 1 Tablespoon lime juice
- 1 to 2 Cloves garlic, to taste
- 1/4 Teaspoon salt, or to taste
- Pepper, to taste

Cooking Instructions

1. Bring large pot of water to boil. Carefully place sweet potatoes in pot and reduce the heat to medium high. Allow sweet potatoes to boil for 20 to 25 minutes, until tender but not mushy. Drain water and add sweet potatoes to a large mixing bowl along with the red onion, celery, pumpkin seeds, dill, and raisins.
2. Just before ready to serve, mix the avocado, lime juice, garlic, and sea salt in a food processor, blender, or by hand. Mix until smooth, stopping to scrape down the sides as needed. Pour over the salad, toss to coat, and season with salt and black pepper, to taste.

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