

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

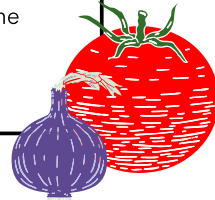
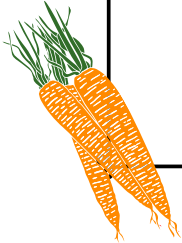
Broccoli Cheddar Stuffed Spaghetti Squash

Ingredient List

- 2 Spaghetti squash, cut in half with seeds scraped out
- Salt and pepper, to taste
- 1 Tablespoon olive oil
- 1 Shallot, diced (optional)
- 2 Garlic cloves, minced
- 3 Cups broccoli florets
- 1 cup milk
- 2 Cups grated cheddar cheese (can substitute with other cheese)
- 1/4 Cup breadcrumbs

Cooking Instructions

1. Preheat the oven to 400 degrees F. Line a baking sheet with foil and spray with nonstick spray.
2. Slice the spaghetti squash in half lengthwise and scrape out the seeds. Brush the cut sides with olive oil and place the squash cut-side down on a baking sheet. Roast for 25 minutes.
3. While the squash is roasting, heat the olive oil in a skillet over medium-low heat. Add the shallots and garlic and cook for 2 minutes. Stir in the broccoli florets and cook, stirring often, for 6 to 8 minutes. They should be slightly softened. Stir in the milk and cook for 1 to 2 minutes, until it is warmed through. Turn off the heat and stir in 1 cup of the cheddar until it melts.
4. Remove squash from the oven and flip them over. Use a fork to scrape some of the squash. Season the squash with salt and pepper. Evenly distribute the broccoli cheddar mix in each squash bowl. Sprinkle the remaining cheese on top. Sprinkle on the breadcrumbs.
5. Return the sheet to the oven and bake 10 to 15 minutes, until the cheese is golden and bubbly.



French Toast with Spiced Pears

Ingredient List

- 3 Tablespoons honey, divided
- 1 Tablespoon freshly squeezed orange juice
- 1/2 Teaspoon ground cinnamon, divided
- 1/2 Teaspoon ground ginger, divided
- 2 Large ripe pears, cored and sliced
- 2 Large eggs
- 1/3 Cup milk
- 4 Slices bread

Cooking Instructions

1. Preheat an oven to 350 degrees F. Lightly grease a 9x13-inch baking dish.
2. Stir 2 tablespoons honey, 1/4 teaspoon cinnamon, 1/4 teaspoon ginger, and orange juice together in a small bowl. Spread mixture evenly into the bottom of the prepared baking dish. Arrange the sliced pears in 2 rows.
3. Beat the eggs, milk, 1 tablespoon honey, 1/4 teaspoon cinnamon, and 1/4 teaspoon ginger together in a shallow dish. Soak each piece of bread in the egg mixture and arrange on top of the pears.
4. Bake in the preheated oven until the bread is set and golden brown, about 20 minutes.
5. To serve, cut into squares and use a thin, flat spatula to lift each portion out of the pan and turn pear side up. Drizzle with any syrup left in the baking dish.

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